

**Beat the Bank**  
is back.  
**C100**  
TODAY'S BEST MUSIC  
Weekdays @ 7:10am, 8:10am, 1:10pm & 4:10pm

The world's largest global newspaper

**metro**

HALIFAX • TUESDAY, SEPTEMBER 29, 2009

29, 2009

Every minute of every day, someone needs blood.

Please call  
1 888 2 DONATE ext.222

Canadian Blood Services  
It's in you to give

BLOOD.CA WITH 1 888 2 DONATE

## Car crash claims life of teenager

**ACCIDENT** A 19-year-old man is dead following a single-vehicle crash yesterday morning on Highway 102 near Stewiacke.

The victim, whose name hasn't been released, was pronounced dead at the scene.

Sgt. Al Affleck of Colchester RCMP said a preliminary investigation points to the victim possibly falling asleep as he was heading towards Halifax.

"There's nothing that tells us anything else right now because he basically drove directly off the road and into the medium and hit the culvert where the turnarounds are on the highway," Affleck said.

The victim was the only occupant in the small two-door car. The crash took place around 6 a.m. with traffic reduced to one lane for several hours.

Alcohol or drugs aren't believed to be factors in the crash, police say, and it was raining at the time.

METRO HALIFAX

## News on the Move

**What's this barcode for?**  
Learn how to scan the barcode with the instructions at the top of pg 3



## Metro Goes Pink

In support of October as Breast Cancer Awareness Month, Metro Canada has gone pink.

Check out our Power of Pink on page 15, as well as a special focus on breast cancer on pages 14-19. Also, wife of an NFL owner is raising awareness, page 13.

## On the web

VISIT METRONEWS.CA FOR YOUR METRO NEWS UPDATES THROUGHOUT THE DAY



Cancer survivor Debbie Pottie poses for a photo outside her Clayton Park home yesterday. Pottie was diagnosed with breast cancer in December of 1998.

# A survivor's story

One of the Bosom Buddies speaks about life after breast cancer

KRISTEN LIPSCOMBE  
kristen.lipscombe@metronews.ca

**Debbie Pottie is proof positive that there is "life after breast cancer."**

In fact, she said yesterday, if she had never been diagnosed with the potentially deadly disease, she never would have met her Bosom Buddies, a local dragon boat team for breast cancer survivors.

"We often talk about our gifts of cancer," the 56-year-old Halifax woman said.

"One of them is the fact that (we're) now all connected to each other."

When she broke her arm a couple of years ago, Pottie said she had team members popping by her

## Breast Cancer Awareness events

- Oct. 4 — CIBC Run for the Cure starts at the Halifax Common.
- Oct. 13 — Simply the Breast Fashion Show at The Westin Nova Scotian Hotel.
- Oct. 16 — Toast to the Coast auction, dinner and dance at Clayton Park home every day.
- Oct. 24 — Pink in the Rink for the Halifax Mooseheads home game at the Metro Centre.
- Oct. 10, 16-17 and 23-24 — The Haunted Hollow fundraiser at Hatfield Farm in Hammonds Plains.

Clayton Park home every day, "delivering food, bringing me tea — it was just constant."

Pottie said her last 10 years as a member of the Bosom Buddies of Nova Scotia have made her stronger, both physically and emotionally.

"Although we're a paddling team, we're also a very strong support network for each other."

Marriott Harbourfront Hotel.

Marriott Harbourfront Hotel.

The Bosom Buddies also hope to let other women know that cancer doesn't mean life has ended.

"We get together, we laugh (and) we cry," Pottie said of her team.

"And we think we're 15 when we're all together, but that's okay."

Breast Cancer Awareness Month, which starts Thursday, is the perfect time for people to talk about a sub-

ject they're often scared of, Pottie said, adding October could save lives if it serves as a reminder for women to take care of themselves.

"That gives people an opportunity to ... question 'Should I go get a mammogram? Have I been doing my regular checkups,'" she said.

Nancy Margeson, CEO of the Atlantic chapter of the Canadian Breast Cancer Foundation, agreed next month's events, including Sunday's CIBC Run for the Cure, should draw attention to the most common cancer among Canadian women.

But she also emphasized that people remember "breast cancer happens 12 months a year."

## NDP signs on to help pay for new arena

PAUL MCLEOD  
paul.mcleod@metronews.ca

**POLITICS** The NDP confirmed yesterday it will help pay for a four-pad arena on Hammonds Plains Road even though the federal government has backed off.

The Halifax Regional Municipality had hoped the federal and provincial governments would each kick in one-third of the \$42-million cost of the arena. But the federal Conservatives

rejected the project, saying it does not qualify for stimulus money.

Mayor Peter Kelly had vocally been looking for confirmation the NDP would still pay its share of about \$14 million. Health Promotion and Protection Minister Maureen MacDonald said yesterday to Metro Halifax the province will still help pay for the arena, though the exact details are being worked out.

"There will be provincial money in the four-pad when it's done, and we are committed to seeing that it gets done," she said.

When informed of MacDonald's comments, Kelly was pleased.

"We're very much grateful for their contribution. It'll help us offset some of those capital costs."

The announcement is a relief for HRM after federal Tories reiterated the government would not help pay for the project. The arena is scheduled for completion in 2010.



Mayor Peter Kelly

**LASIK MD**  
VISION

LASER VISION  
CORRECTION

Starting at

**\$490** /eye\*

Financing available



At LASIK MD, we correct:

- ☒ Nearsightedness
- ☒ Farsightedness
- ☒ Astigmatism



Dr. Christopher Jackman  
MD, FRCSC

FREE Consultation: 1-866-999-0435 • HALIFAX: 1801 Hollis Street, Suite 400 • www.lasikmd.com

\* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.

Atlantic Free Daily Newspapers Inc., operating as Metro Halifax 3260 Barrington Street, Suite 102, Halifax, Nova Scotia B3K 0B5. Publisher: Greg Lutes

# CLINIQUE BONUS FINAL DAYS!

Ends Saturday, October 3rd

## Your choice. Pick your gift!

**FREE** with any **CLINIQUE** purchase  
of **\$26.50 or more (Value \$70\*)**

**Pick your gift of CLINIQUE A.M. or P.M. beauty favourites.**

Try Superdefense Age Defense Moisturizer SPF 25, skin's most complete defense against the visible signs of aging in a moisturizer.

Or opt for Super Rescue Antioxidant Night Moisturizer, to help prevent visible signs of aging while you sleep.

Plus enjoy other most-requested skin care and makeup treats so you look pretty by day or dressed up for night.

Take your pick at **CLINIQUE BONUS** now.

### ONLY AT THE BAY



Pretty Days

Choose from:

"Pretty Days" with  
Superdefense Age  
Defense Moisturizer  
SPF 25

OR

Dressed-up Nights

"Dressed-up Nights"  
which includes Super  
Rescue Antioxidant  
Night Moisturizer

May we suggest:

Great time to try Even Better™ Skin Tone Corrector.

This lightweight serum creates - for all skin tones - a notably more even complexion with a brightness you thought long gone. Gently, visibly, measurably improves the look of discolourations and dark spots to create a more even tone. Even Better Skin Tone Corrector, 30 mL \$53



\*One gift per person while quantities last.  
Values are based on our per mL and/or g price for regular-sized products.  
Offer ends October 3, 2009.

the **Bay**





# Local



## Tegan and Sara tickets up for grabs

Following two soldout shows in 2007, popular indie rock duo Tegan and Sara are returning to Halifax for a show on Jan. 27 at the Rebecca Cohn Auditorium at 8 p.m. An Horse is the special guest. Tegan and Sara, who are identical twins, are touring in support of their sixth album titled *Sainthood*, which hits stores Oct. 27. Tickets for the show go on sale Friday at noon and are \$32.50 in advance and \$37.50 the day of the show.

METRO HALIFAX



## B.C. men charged after alleged sexual assault

**CRIME** Two men from British Columbia are facing charges related to an alleged sexual assault in Halifax.

Garry Peak, 32, and James Hanson, both from Prince George, B.C., are each charged with aggravated sexual assault and forcible confinement.

A source confirmed to Metro Halifax last night that Peak, who competes under the name Chris Peak, is a mixed martial artist who was in town Saturday to compete in the main event of Extreme Cage Combat 10 against Fairview's Roger Hollett at the Halifax Forum. Peak lost by submission in the opening round.

Const. Paul Palmeter of Halifax Regional Police said the two men met two women at a bar in Halifax before heading to a hotel in nearby Dartmouth.

"After a very brief period of time, one of the females wanted to leave," Palmeter said. "She ended up in an argument with the other (older) female."

The officer said the older female allegedly assaulted the younger woman.

One of the men also allegedly prevented the younger woman from leaving, but she eventually escaped and called for help, Palmeter said. The older woman later told police the two men had assaulted her in the hotel room.

The two men were arrested Sunday and appeared in court yesterday.

THE CANADIAN PRESS  
WITH FILES FROM METRO HALIFAX

**metronews.ca**  
WHAT'S ONLINE TODAY

**Video** Cirque founder and "space clown" can't resist the urge to perform at metronews.ca/canada

**ADVERTISE TODAY!**  
1 888 91 metro (63876)

# Crosswalk flags in limbo

Province, HRM approve flags but won't officially sanction them

PAUL MCLEOD  
paul.mcleod@metronews.ca

**Norm Collins has a stack of traffic flags piled up in his basement. He wants to put them back on Waverley Road crosswalks in Dartmouth to help people cross the street.**

But despite government officials at all levels saying they're OK with it, Collins can't use them.

That's because neither the province nor the Halifax Regional Municipality will officially sanction the project, since they say it's not their jurisdiction.

"It's just so frustrating that all elected officials have been unequivocally supportive of the program," Collins said. "Through this bureaucracy we're sitting here with no flags. That makes no sense to us."

Community members like Collins raised money to put up the orange, fluorescent flags for a one-year pilot project that ended this summer. They asked if they could put them up permanently and Halifax Regional Council was receptive.

That's where things hit a



A truck passes a crosswalk on Waverley Road in Dartmouth yesterday. The provincial Liberals are urging the government to change the law to allow pedestrians to carry red flags as they cross the street.

snag. Halifax Traffic Authority head Ken Reashor decided the flags couldn't be OK'd because they weren't on a list of provincially approved traffic devices. Even though there's no language preventing the signs, Reashor decided the province would need to officially sign off.

Transportation Minister Bill Estabrooks said he likes the flags and supports the project. But he said it's a municipal road and his government has no role in the

decision.

Liberal MLA and former city councillor Andrew Younger yesterday proposed a bill to officially acknowledge the flags. But Estabrooks reiterated the issue is HRM's responsibility.

Meanwhile, Mayor Peter Kelly said he is still waiting on the province for the issue.

Both sides have expressed concerns over liability, which may explain the hesitation to rubber stamp the flags.

"Honestly, we don't care where the authority lies or doesn't lie, we just want somebody to stop passing it back and forth and make a decision," Collins said.

m.metronews.ca



Scan this barcode for more Local news on your smartphone. Learn how to scan the barcode with the instructions at the top of this page

## Man faces charges after incident involving dog

PHILIP CROUCHER  
philip.croucher@metronews.ca

**CONFRONTATION** A 27-year-old man is facing more than a dozen charges after an alleged confrontation involving police in Eastern Passage Sunday morning.

Halifax RCMP say a man was threatening to turn his pit bull on officers who went to a home on Rosewood Lane shortly after 10 a.m. to investigate a disturbance.

"He was opening the door and threatening to release (the dog)," said police spokesman Cpl. Joe Taplin.

Police say they eventually convinced the man to secure the dog, but then he allegedly took a run at the officers. Taplin said no officers were injured, but they were forced to take the man to the ground to make the arrest.

RCMP say the man was al-

so threatening to burn some of his neighbours' homes, as well as the homes of police officers.

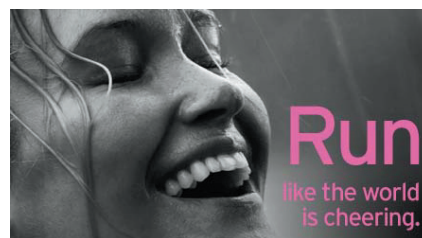
After being placed in the police vehicle, RCMP claim the man started kicking the door, causing damage to the vehicle.

Taplin said they went to the home because of "previous complaints." The man wasn't home alone, Taplin said, but no other people were involved in the incident.

Shea Mollison of Eastern Passage appeared in Dartmouth provincial court yesterday charged with seven counts of uttering threats, four of assault with a weapon, resisting arrest and mischief. He has been released on conditions and will be back in court Nov. 25 for election and plea.

The pit bull was seized by animal control.

WITH FILES FROM  
THE CANADIAN PRESS



This **Sunday, October 4th**, 10,000 people will gather on the Halifax Commons to be part of a future without breast cancer. Together we can and will do great things.

And we are making a difference right **here at home**.

In 2009:

- Dalhousie University researcher Dr. Patrick Lee made a **breakthrough** in in breast cancer research that sparked a buzz of excitement in the cancer community. Dr. Lee's project was funded by CBCF - Atlantic Region.

- The Canadian Breast Cancer Foundation **Tour for the Cure** travelled to 124 Atlantic Canadian communities this spring and summer spreading the word that early detection through regular breast screening saves lives.  
www.tourforthecure.ca.



To find out more about our work or how to get involved, visit [www.cbcbf.org/atlantic](http://www.cbcbf.org/atlantic) or phone 902-422-5520.

The driver of a vehicle in a two-car collision on Sept. 17 in Upper Nine Mile River has died in hospital. Matthew Jeremy Green, a 20-year-old from Upper Kennetcook, died as the result of his injuries at the QEII Health Sciences Centre on Friday. **METRO HALIFAX**

# Creating musical fusion is DRUM!'s beat

KRISTEN LIPSCOMBE  
kristen.lipscombe@metronews.ca

**Len LeBlanc says he doesn't want to miss a beat of being a part of the magical stage production called DRUM!**

"It's inspiring for everything else I do in my life," the Acadian singer and percussionist said yesterday during a rehearsal break inside Dalhousie University's Rebecca Cohn Auditorium, where he and his fellow DRUM! members are performing this week.

LeBlanc said participating in the unique stage show, described online as "a heart-pumping fusion of music, dance, rhythm and song," instills a sense of pride in him. Perhaps that's because not only does DRUM! combine different art forms, but it also brings together cultures from across the province. DRUM! uses a mix of

sights and sounds from Nova Scotia's four founding cultures of Aboriginal, Acadian, Black and Celtic to create a stunning and completely unique performance.

Although DRUM! got its start as an occasional local show 10 years ago, it quickly grew into a full-length production and now tours the world.

Most recently, DRUM! released its first-ever DVD and kicked off Canada Day ceremonies on Parliament Hill.

The group has even been asked to perform at the 2010 Olympics in Vancouver.

"It's the fabric of our history," musical director Doris Mason, who also sings and plays keyboards in the show, said yesterday of why DRUM! seems to connect with au-



DRUM! performers rehearse at the Rebecca Cohn Auditorium yesterday.

diences.

She called the show "a learning experience" for

ence members alike.

Mason is from Big Island, representing her Gaelic and English heritage, while LeBlanc is from Salmon River and

## Wanna go?

• DRUM! is showing at the Rebecca Cohn Auditorium in Halifax starting today and running through Sunday, when the group performs alongside Symphony Nova Scotia for two special performances.

• Call 494-3820 or go to <http://artscentre.dal.ca/box.html> for ticket information.

Hubert Francis, who joined his peers for a brief break backstage, is a Mi'kmaq man from Elsipogtog Reserve in New Brunswick who narrates the show.

"We have a very positive message," Francis said. "It's how we should be getting along and working together, and have respect for each other."

Judging from the upbeat music spilling out of the Rebecca Cohn yesterday, the musicians and dancers of DRUM! are already very much in synch.

## IMP Group to bid on majority stake in Vector

**MARKETS** IMP Group Ltd., a private Halifax aerospace investment company, says it plans to make an all-cash offer to acquire up to six million common shares of Vector Aerospace Corp., a move that would give IMP majority control of the aircraft services provider.

IMP said yesterday it will pay at least \$6.52 a share for the six million Vector shares, a total of at least \$39 million. More than half the shares had been on sale for a few months, IMP said.

The purchases will raise IMP's holdings to more than 20 million shares, or about 53 per cent, of Vector's 37.7 million shares outstanding.

"Following this further substantial investment, Vector's continuing public

**"... Vector's continuing public shareholders should benefit from IMP's strengthened support ..."**

IMP press release

shareholders should benefit from IMP's strengthened support of Vector where IMP's financial interests are strongly aligned with maximizing Vector's long term success and value," IMP said in a release.

IMP Group has 3,500 employees in the aerospace, aviation, airline, healthcare, industrial, marine, information technology, hotels and property sectors.

THE CANADIAN PRESS

## HUGE FACTORY RE-PURCHASE

**VISIT OUR WEBSITE FOR SPECIAL ONLINE PRICING!**

**fairleyused.ca**



### NEW SHIPMENT OF INVENTORY!

CALL TO BOOK AN APPOINTMENT • 482-7777

## Province updates trade law

**TRADE** Nova Scotia will be the next province to strengthen its trade rules within the country.

The law change opens the province up to millions of dollars in penalties if it doesn't obey a dispute panel's rulings.

Economic and Rural Development Minister Percy Paris said all provinces and territories except for Newfoundland and Labrador and Nunavut have made the changes.

Paris said the new sys-

tem will increase trade between provinces by ensuring they honour trade commitments made to each other.

Nova Scotia's penalty is capped at \$1.5 million per dispute.

Government staff said the last time such a dispute effected Nova Scotia was nine years ago involving milk from New Brunswick. That was settled in Nova Scotia's favour.

METRO HALIFAX

## News in brief

**THEFT** Halifax Regional Police is investigating a weekend robbery after it says a woman working at the Needs Convenience store on the Bedford Highway was roughed up and had her book bag stolen early Saturday morning. Police say at 12:45 a.m. the staff member was taking out the garbage. Police say a man then pushed her up against a garbage bin, grabbed a book bag she put on the ground and fled the scene. The victim wasn't injured. Police describe the suspect as a six-foot-two man, with a medium build. He was wearing a dark hooded sweatshirt and jeans.

**EDUCATION** The president and

vice-chancellor of Cape Breton University is taking on another prestigious position. John Harker will be the chairman of the Council of Nova Scotia University Presidents for the next two years, a news release announced yesterday. The council is described as "an informal body consisting of the 11 degree-granting institutions in the province." Harker has served as president and vice-chancellor at CBU since 2003, and has previously worked as a special adviser to Nelson Mandela and former U.S. president Jimmy Carter, among other highly respected roles.

METRO HALIFAX

## DISMISSAL

It will be almost four more months — if not eight — before Amby Heighton's appeal into his dismissal from the Stellarton Police Department goes forward.

The former Stellarton police chief's two-week hearing was expected to move forward yesterday, but the Nova Scotia Police Board Tribunal granted an adjournment requested by a lawyer representing several RCMP officers.

John Rafferty, who represents former RCMP Staff Sgt. Ross Landry, Const. Cliff Berrimen, Const. Jeff Curiston, Const. Tracy King and another party, Tony Roache, requested the adjournment in order to al-

## Possible dates

• Tentative dates for Amby Heighton's appeal hearing have been set for January or May, depending on whether the judiciary review is complete and the lawyers are available to attend.

low him to file a judiciary appeal in the board's decision to open Heighton's hearing to the public.

Rafferty has 25 business days from the date of the board's decision last week to file the appeal, which will then have to be heard by a Supreme Court judge.

NEW GLASGOW NEWS

## Police release image of suspect wanted in gas station robbery

**CRIME** Halifax Regional Police is asking for the public's help in identifying what they call the suspect of a Bedford gas station robbery earlier this month.

Police say they responded to the Petro Canada on the Bedford Highway. It was alleged that the man in the security photograph entered the store and stole a bank deposit from the office at

1:15 p.m. on Sept. 8.

Staff noticed the missing money and called police.

The suspect is described as a white male, between 50 and 60, and was wearing a blue dress shirt and golf hat.

Anyone who recognizes the man in the photo is asked to contact HRP at 490-5016 or Crime Stoppers at 1-800-222-8477.

METRO HALIFAX

**Pink Sticker Sale**

Enjoy 15% - 25% Savings on Selected Fashions

During the month of October, for every regular-priced bra purchased at 15% off, we will donate \$1 to the Breast Cancer Society of Canada.



MODACOLOMBIA

Lingerie, Swimwear, Leather Boots & Bags

Clayton Park Shopping Centre • 443-8299  
278 Lacedwood Dr. (Dunbrack & Lacedwood)



# GREAT SAVINGS AT THE BAY THIS WEEK

Tuesday, September 29th to Thursday, October 1st

**\$1400 OFF**  
**\$998**  
**SIMMONS**

Canada's Best  
Beautyrest  
Cranbrook tight-top  
queen mattress set  
Reg. \$2398

**ALSO, 60% OFF**  
All other **SIMMONS**  
Canada's Best Beautyrest  
mattress sets



**50% OFF**  
All bed-in-a-bag,  
comforter sets  
& duvet cover sets  
Excludes Calvin Klein & Mexx.

**ALSO, 30% OFF**  
**CHARTER CLUB®**  
500-thread-count damask,  
stripe or solid sheet sets



**\$99.99**  
**DISTINCTLY HOME**  
Asthma duvets  
Reg. \$149.99-\$219.99

**ALSO, 30% OFF**  
All other duvets, pillows  
& mattress pads by  
**DISTINCTLY HOME Gel,**  
**HOUSE&HOME™** &  
**GLUCKSTEINHOME**



**40% OFF**  
**MIKASA**  
Place settings

**ALSO, 20% OFF**  
**MIKASA**  
Open stock dinnerware



**50% OFF**  
**CORNINGWARE**  
French White  
12-pce. ceramic  
bakeware set  
Reg. \$99.99 Sale \$49.99

**ALSO, 40% OFF**  
All other **PYREX** &  
**CORNINGWARE** items



**40% OFF**  
**MIKASA**  
Stemware & giftware

**ALSO, 30% OFF**  
All other stemware  
& giftware  
Excludes Riedel.



**\$70 OFF**  
**\$89.99**

**HENCKELS INTERNATIONAL**  
Fine Edge Synergy  
13-pce. knife block set  
Reg. \$159.99

**ALSO, 25% OFF**  
All **HENCKELS**  
knife block sets,  
flatware & gadgets



**30% OFF**  
All women's cashmere  
sweaters by  
**JONES NEW YORK Luxe**  
Available in regular sizes only.  
Off our regular prices.



**25% OFF**  
**CALVIN KLEIN**  
Women's intimates, socks,  
pantyhose & tights and  
men's underwear, socks  
& sleepwear



**25% OFF**  
• Women's shoes by  
**NATURALIZER, ROCKPORT,**  
**CLARKS, LIFESTRIDE,**  
**EUROSTEP & FAIR SET®**  
• Women's fashion boots  
& shoes by **EXPRESSION,**  
**CORNIE, STYLE&CO.™,**  
**FERGALICIOUS, MARC FISHER**  
& **BANDOLINO**  
Off our regular prices.



**\$29.99**  
Men's dress shirts by  
**ARROW, GEOFFREY BEENE**  
& **KENNETH COLE**  
**REACTION**  
Reg. \$39.99-\$55  
**ALSO, 30% OFF**  
All other men's  
dress shirts & ties  
Excludes IZOD & Hudson Room.



**70% OFF**  
All luggage by  
**RICARDO BEVERLY HILLS**  
**Santa Barbara 3 & Legacy 3,**  
**AIR CANADA Frequent**  
**Flyer and DELSEY Volume**  
& **Destiny**  
Reg. \$62-\$250 Sale \$18.60-\$75  
Excludes items with 97¢ price endings.



**\$200**  
**COSATTO** crib, change  
table & dresser  
Reg. \$249.99-\$349.99  
**ALSO,**  
**\$100**  
**COSATTO** change table  
Reg. \$149.99

## CLINIQUE BONUS

On now until Saturday, October 3rd

**Your choice. Pick your gift!**  
**Pretty Days or Dressed-up Nights?**

Your choice, free with any CLINIQUE purchase of \$26.50 or more (Value \$70\*)  
Pick your gift of CLINIQUE A.M. or P.M. beauty favourites.

\*One gift per person while quantities last. Values are based on our per mL and/or g price for regular-sized products. Offer ends October 3, 2009.



ONLY AT THE BAY

the **Bay**

Selection will vary by store. Savings are off our regular prices, unless otherwise specified. Everyday Bay Value, just-reduced, Power Buys, Manager's Specials, licensed departments, Salvati, Vera Wang and Hbc Foundation charity merchandise are excluded. When you see "POWER BUY" or "Manager's Special" you will know we have found an exceptional deal to pass on to you. We may tell you the COMPARABLE VALUE on the price ticket and/or a sign, so you will see the price another retailer in Canada charges or would likely charge for the same or a comparable value item. Quantities of our Power Buys and Manager's Specials and items located in any "Style Outlet" in-store departments are limited and may vary from store to store - no rain checks or substitutions. When we say "PRICE CUT", we mean the existing everyday price is being lowered temporarily. See in-store for details.



The Federal Court of Canada is being asked to step into a dispute between pilots at Air Canada and the Canadian Human Rights Tribunal. At issue is a tribunal decision that called into question the retirement age provision of the collective agreement between the Air Canada Pilots Association and the airline. **THE CANADIAN PRESS**

# Canada



## Teen's murderer sentenced to life

A 19-year-old man who pleaded guilty to killing a 14-year-old girl because of his girlfriend's intense jealousy was handed an adult sentence of life with no chance of parole for 10 years yesterday. David Bagshaw was just shy of his 18th birthday when he murdered Toronto teen Stefanie Rengel, left, on New Year's Day 2008. He pleaded guilty earlier this year to first-degree murder while his girlfriend at the time, Melissa Todorovic, now 17, was sentenced as an adult in July to life with no chance of parole for seven years. **THE CANADIAN PRESS**

## 'Toronto 18' member pleads guilty to plot

**COURTS** A third member of the so-called Toronto 18 has pleaded guilty in a plot to attack Canadian targets. Saad Gaya pleaded guilty today in a Brampton, Ont., court to committing a criminal offence for a terrorist group.

Gaya was among 18 men and youth rounded up in the summer of 2006 and charged in a plot to wreak havoc on several targets,

including Parliament and RCMP headquarters.

Last week, Ali Dirie, 26, pleaded guilty and faces a maximum 10-year sentence and earlier this month Saad Khalid, 23, was handed a 14-year prison sentence after pleading guilty.

Only one case has gone to trial so far, resulting in a conviction.

**THE CANADIAN PRESS**

## Grits look to take out Tories

NDP may prop up Harper government in possible Thursday vote

**The Liberals tabled a non-confidence motion in the Commons yesterday and they expect a vote on Thursday that is increasingly looking like it will fail to bring down the minority government.**

"The leader is now working on the details for a non-confidence motion, which we expect will be tabled in the House of Commons ... today to give the House of Commons sufficient notice and will be dealt with on Thursday," Liberal David McGuinty said at the end of a party caucus meeting. It will require support of all three opposition parties to defeat the government and force a fall election.

The Bloc has said it will support such a motion. NDP Leader Jack Layton



A small group of protesters wait as Prime Minister Stephen Harper releases the latest economic update at the NB Southern Railway mechanical shop in Saint John, N.B. yesterday.

hasn't yet committed himself after his party voted with the government earlier this month to avert an election call, but his deputy leader gave strong indication the New Democrats will continue to vote

with the government.

Thomas Mulcair said today "the important thing is to try to keep Parliament working so that we can do things that are in the public interest."

"On issues such as Em-

m.metronews.ca



Scan this barcode for more Canada news on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

ployment Insurance, such as better protection for pensions — just to name a couple of them — there are things where we can work together before foisting on Canadians a fourth general election in five years," Mulcair told CBC NewsWorld.

"The party that will provoke the fourth general election in five years is going to have a lot of explaining to do with the public," he said. **THE CANADIAN PRESS**

### News in brief

**DEATH** Two Canadian men have been killed by gunmen at a Puerto Vallarta condominium, a Mexican news website reported yesterday. Noticias Puerto Vallarta said both men, identified as Gordon Douglas Kendall and Jeffery Ronald Ivans, were shot

to death at close range early Sunday morning. The report said one of the men was shot in the pool area of the condo while the second was shot near his room. Both were shot several times. The gunmen fled in two cars.

**THE CANADIAN PRESS**

# Lust Conquers All.

**The 2010 Chevrolet Camaro.** Standard 304 horsepower, V6 engine. Plus you get the best coverage in Canada — 5 Year/160,000km powertrain component warranty including roadside assistance and courtesy transportation.<sup>†</sup> And if you don't love it, our 60-Day Satisfaction Guarantee lets you bring it back.<sup>‡</sup> Put us to the test against anyone. And may the best car win. Visit [chevrolet.gm.ca](http://chevrolet.gm.ca).



**CHEVROLET**  
**MAY THE BEST CAR WIN.**



Chevrolet Camaro

<sup>†</sup>Whichever comes first, see your dealer for details. <sup>‡</sup>Return between 30-60 days with less than 4,000km. Vehicle usage fee and other restrictions apply. Take retail delivery by 11/30/09. \*Chevrolet is a brand of General Motors of Canada, the Official Vehicle Partner of the Vancouver 2010 Olympic and Paralympic Winter Games. TM © 2009, VANOC. Used under Licence.





**Alleged Ponzi victims show up to court for protest**

With their accused swindler Earl Jones nowhere in sight as his lawyer won a three-week postponement in his fraud case yesterday, supposed victims waved signs and chanted slogans outside the Montreal courthouse. The victims were at the rally on behalf of a new anti-white collar crime organization called the Be Strong Movement. **THE CANADIAN PRESS**

canada 7

Spending time with youth **High-five!**

Governor General Michaëlle Jean, right, gives a high-five to Sharon Small, during a visit to a youth centre in downtown Vancouver, yesterday. The Governor General took the time to meet with youth and even spent time taking part in an art class with them.

JONATHAN HOWARD/THE CANADIAN PRESS

**B.C.'s 'prince of pot' surrenders**

**After flouting marijuana laws for decades, British Columbia's so-called prince of pot turned himself in to authorities yesterday to face extradition to the U.S.**

But Marc Emery was defiant until the end.

"Plant the seeds of freedom. Over grow the government everyone," Emery yelled as he was led away by sheriffs at the B.C. Supreme Court in downtown Vancouver.

His wife Jodie Emery wept during the short court process where Justice Anne MacKenzie committed Emery for surrender to the United States.

Earlier this month,

**"I'm proud of representing the cannabis culture."**

Marc Emery

Emery reached a plea agreement to serve a five-year prison term for selling marijuana seeds to American customers. The next step is for the federal justice minister to order his surrender.

But before he surrendered himself, Emery told supporters and a horde of media outside the court that he was hopeful the minister wouldn't approve the extradition.

If that doesn't work,

Emery is hoping he'll be transferred to serve his time at home under an agreement between Canada and the United States that allows prisoners to serve their time in their home countries.

He doesn't deny selling the seeds to U.S. customers — in fact, he said he did so deliberately.

"I'm proud of representing the cannabis culture," he told the crowd outside the courthouse. "There's no crime ... the crime is we have a government that continues to hand a huge business over to the underground, the criminal element as a matter of public policy." **THE CANADIAN PRESS**

**Funding rejected for sex offender program**

**OTTAWA** A program that helps keep convicted sex offenders from committing more crimes is in limbo after being told its funding request has been rejected by the federal government.

But a spokesman for Public Safety Minister Peter Van Loan said yesterday that no decisions have been made.

Andrew McWhinnie, head of Circles of Support and Accountability, said he was personally informed of the rejection last Friday by Robert Cormier of the National Crime Prevention

**Money**

- The program was seeking \$1.5 million annually for five years, with what program head Andrew McWhinnie said was the full support of the federal crime prevention centre.

Centre, which falls under Van Loan's ministry.

It's the first time the Circles program, a Canadian community-based group that has been copied internationally, has sought major federal funds.

The 15-year-old Circles program, which operates

on a shoe-string budget at 16 sites across Canada, had hoped to double the number of sexual and violent offenders under its watch, McWhinnie said in an interview.

"It's got a pretty firm track record of substantially reducing recidivism among sex offenders, by 83 per cent compared to those who don't have (access to the program). "It's exactly what this government says they wanted to do. So we're quite shocked ... that this was turned down."

**THE CANADIAN PRESS**

**Search for missing teen goes global**

**TORONTO** On the two-week anniversary of a 17-year-old girl vanishing outside her high school, police said they were expanding the search nationally and internationally for Mariam Makhniashvili after abandoning a command post outside of her north Toronto home.

Const. Wendy Drummond said yesterday the community-level command post was taken down Sunday after tips stopped streaming in.

Toronto police are now turning to police forces

across the country, and the world, for help.

Makhniashvili and her brother were walking to their school on Sept. 14, but separated once they arrived.

The teen had told her brother that she would head to the front entrance of Forest Hill Collegiate because it was closer to her first-period class.

She never made it to class and hasn't been seen or heard from since.

**THE CANADIAN PRESS**

**Bartender fined in woman's death**

**ALCOHOL** Charges against the owner of a bar outside Edmonton where a woman drank so much she later died of alcohol poisoning have been withdrawn. But a bartender who worked at Skip's Bar in Calmar has been fined \$6,000.

Derek Allen Tithecott, 24, pleaded guilty to a lesser alcohol-related charge in court. He had been facing allegations including manslaughter and criminal negligence causing death. **THE CANADIAN PRESS**

**News in brief**

**FLU** British Columbia is joining other provinces that are delaying part of their seasonal flu shot programs this year. The province's chief medical officer of health says the decision is in part due to concerns raised by

an unpublished study suggesting people who got a seasonal shot last year were more likely to catch swine flu this year.

**DOUBLE JEOPARDY** Lawyers for an Egyptian man the federal government accuses of terror-

ist ties are telling a Toronto Federal Court it's unfair to go after him now. They say the government is engaging in what is popularly called double jeopardy against Mahmoud Jaballah. **THE CANADIAN PRESS**

**Metro Global Photo Challenge**  
LET THE WORLD SEE THROUGH YOUR EYES

**PHOTO OF THE DAY**

whistlersled Canada  
'Vancouver from the air'

metrophotochallenge.ca

metro

**Job Fair: Full and Part-time**

Are **you** a compassionate person with the drive to succeed? Do you want to be a part of something new?

**Northwood is hiring RNs, LPNs, CCAs and other support positions** for our new 150-bed facility in West Bedford. Set to open in Spring of 2010, this building offers a new approach to care. It's also ideal for those in the surrounding community to work closer to home. If this opportunity speaks to you, come speak with us!

**Date:** October 6, 11:30 a.m. - 4:30 p.m.

**Place:** 2615 Northwood Terrace, Halifax

For more information call (902) 454-3369, email us at [hr@nwood.ns.ca](mailto:hr@nwood.ns.ca) or visit us online at [www.nwood.ns.ca](http://www.nwood.ns.ca).

**NORTHWOOD**  
wellness and caring,  
together



A man from Prince Edward Island has been killed in a collision involving two off-road motorcycles in northwestern Alberta. RCMP say the 22-year-old collided with another motorcycle that was heading east in the westbound lane. **THE CANADIAN PRESS**

# PM won't offer power plant funding

Prime Minister Stephen Harper says he's encouraging Atomic Energy of Canada Ltd. to complete the refurbishment of New Brunswick's Point Lepreau nuclear power plant as soon as possible, but he won't commit to help the

province offset the cost of delays.

"I can assure you that the delay is costing a lot of money to us as well," Harper said yesterday, noting that AECL is a federal agency.

The refurbishment —

originally budgeted at \$1.4 billion — was supposed to be completed by the end of this month. But officials with AECL now say it will be early 2011 before the reactor is back online.

That's an 18-month delay, during which time it

## Necessary investment?

- The refurbishment is supposed to extend the life of the reactor by another 25 to 30 years. The generating station provides about a third of New Brunswick's electricity.

will cost the province about \$1 million per day to purchase replacement power. **THE CANADIAN PRESS**

## 'Space clown' getting ready to blast off

**SPACE TOURISM** Even in a sterile quarantine bay, the world's first space clown couldn't resist the urge to perform.

Two days before he is to blast off for the International Space Station, Cirque du Soleil founder Guy Laliberte yesterday

cracked jokes, donned his trademark red nose and flashed with enthusiasm over the venture that he wants to be both entertaining and educational.

"In my life I have been doing a lot of fun, crazy and adventurous things, but this is totally the biggest adventure I have ever embarked on," the Canadian told The Associated Press by telephone from behind the glass wall protecting him and two other astronauts from contamination at Russia's Baikonur Cosmodrome.

Other space tourists have used their time at the ISS to conduct scientific experiments, but Laliberte has different aims for his 12 days aboard the orbiting lab.

"I am not a scientist, I'm not a doctor, I'm not an engineer," he said. "I'm an organizer, a showman, and a creator — I have an entertaining personality, so that is really what I am bringing here."

**THE ASSOCIATED PRESS**

## News in brief

**PRISON** A prisoner has been found dead in his cell at Nova Scotia's Springhill Institution. The prisoner was serving a four-year sentence for break and enter, failure to comply and public mischief. The cause of death hasn't been determined but the Correctional Service of Canada says foul play isn't suspected right now.

**DEATH** An elderly woman has died of injuries she suffered when struck by a pickup truck in the driveway of her home in Hamilton, Ont. Police say her husband was reversing the truck into the driveway and was being guided by his wife, when the truck suddenly accelerated while in reverse and struck the woman.

**THE CANADIAN PRESS**



**KIA MOTORS**  
The Power to Surprise™

**ENDS SEPT 30**

**It's back to school and the math is great.**

**ZERO PAYMENTS UNTIL 2010\* + 0% FINANCING AND CASH BACK**

ON ALL 2009 MODELS\*

**\$2700 off**  
plus 0% financing  
and no payments until  
January 2010

Auto  
110hp engine  
50mpg highway

**2009 RIO 5**



MSRP \$15,195

**\$750**  
cash purchase rebate  
largest selection of  
Soul's in HRM

26 to  
choose from

**2010 SOUL**



MSRP \$15,495

**\$1,000 rebate**  
plus 0% financing

29 to  
choose from

**2010 FORTE**



MSRP \$15,695

**5 Year Warranty**

- 5-YEAR/100,000 KM WORRY-FREE COMPREHENSIVE WARRANTY
- 5-YEAR/100,000 KM POWERTRAIN WARRANTY
- 5-YEAR/100,000 KM EXTRA CARE ROADSIDE ASSISTANCE
- NO DEDUCTIBLE CHARGE

**THE OREGAN'S 10K**

**10000**

ON THE RUN TO SELL TEN THOUSAND CARS

**OREGAN'S**  
DRIVING HIGHER STANDARDS

**KIA** 402 WINDMILL ROAD, DARTMOUTH, NS  
466-9550 • WWW.OREGANSKIA.COM

\*Plus taxes, O.V.C. 60 month payments amortized over 84 months. See O'Regan's Kia for details.



**U.K. moves to outlaw annual bank bonuses**

British Treasury chief Alistair Darling said yesterday that annual bonuses for bank executives will be outlawed in an attempt to curb excessive risk-taking in the country's huge financial sector. **THE ASSOCIATED PRESS**

9

# World



## Iran caps 2 days of sabre-rattling

Iran tested its most advanced missiles yesterday to cap two days of war games, raising more international concern and stronger pressure to quickly come clean on the newly revealed nuclear site Tehran was secretly constructing. State television said the Revolutionary Guard successfully tested upgraded versions of the medium-range Shahab-3 and Sajjil missiles. Both can carry warheads and reach up to 2,000 kilometres, putting Israel, U.S. military bases in the Middle East, and parts of Europe within striking distance. **THE ASSOCIATED PRESS**

## Hollywood rescue for Filipina actress

**A popular Philippine actress cried out for help from a rooftop as a tropical storm roared and floodwaters rose menacingly. Then an actor emerged from nowhere on a speedboat and swept her to safety.**

A romantic scene from a movie?

No, it was the real-life travails of young actress Christine Reyes. Her rescue by movie and TV heartthrob Richard Gutierrez as Tropical Storm Ketsana raged across the northern Philippines was one of the happier moments of last week-

end's disaster that left at least 240 dead and tens of thousands homeless.

As the storm blew and set off the worst flooding in Manila in more than four decades, Reyes climbed to the roof of her two-story house in upscale Provident village in hard-hit Marikina city on Saturday with her mother and two young children.

Marooned for hours, she made a frantic call for help to ABS-CBN TV network with her mobile phone.

Gutierrez, a close friend and Reyes' co-star in an upcoming movie, heard of her plight, borrowed an army speedboat and went to the rescue. Reaching Reyes' house, he struggled to tie the boat to a tree amid the churning waters, climbed



Christine Reyes

### Recovery

• Rescuers pulled more bodies from swollen rivers and debris-strewn streets to bring the death toll to 240 last night as residents dug out their homes from under carpets of mud.

into her house and eventually whisked her to safety.

"I thought it was our ending but I did not lose hope," Reyes said, thanking Gutierrez. "Let us help those who have not yet been rescued."

About 8,000 people have been rescued by troops and civilian volunteers from rooftops and isolated villages. At least 32 people remain missing. The houses of more than 450,000 people were inundated in the storm, which dumped more than a month's worth of rain in just 12 hours.

**THE ASSOCIATED PRESS**

## Beer caning upheld

**MALAYSIA** A judge in Malaysia has upheld a court verdict to cane a Muslim woman for drinking beer, news reports said yesterday, re-igniting a controversy over Islamic justice in this moderate Muslim-majority country.

National news agency Bernama said the chief Shariah judge of Pahang state ruled that a Shariah High Court's verdict against Kartika Sari Dewi Shukarno, 32, was correct and should stay. If the punishment is carried out, Kartika would become the first Muslim woman to be caned in Malaysia.

No date was immediately set for the caning. Kartika, a former model and nurse, was sentenced in July to six strokes of the cane and a fine of \$1,400 US for drinking beer in 2007. Islam forbids Muslims from drinking alcohol.

Kartika, who pleaded guilty, refused to appeal her sentence and was on the verge of being caned on Aug. 24.

But the punishment was halted at the last minute following an uproar in the media and among rights activists.

**THE ASSOCIATED PRESS**

## Investigators exhume bodies

**KASHMIR** Forensic experts exhumed the bodies of two slain Kashmiri women yesterday in an investigation aimed at defusing the latest tensions plaguing the Himalayan region. Many in Muslim-majority Kashmir accuse Indian security forces of raping and murdering the women. Three suspected militants and a civilian were killed yesterday in a shootout with security forces. **THE ASSOCIATED PRESS**

Queen Rania/Wendi Murdoch/Indra Nooyi columns online at: **metronews.ca/world**



m.metronews.ca



Scan this barcode for more World news on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

### News in brief

**VENEZUELA** Moammar Gadhafi and Hugo Chavez are strengthening their relationship and finding common ground as two radical military men who both want to challenge the "imperial-

ism" of wealthy nations. The Libyan and Venezuelan leaders were expected to meet one-on-one yesterday, although no public events were announced.

**AUSTRALIA** A couple were jailed

yesterday for the manslaughter of their baby, who died after they chose to use homeopathic remedies rather than medicine to treat a skin disorder.

**THE ASSOCIATED PRESS**

ROYAL LEPAGE ATLANTIC

**BUSINESS PROFESSIONALS WANTED**

Join the area's leading real estate firm with immediate openings for a serious career-minded and assertive team player to join a dynamic and growing company.

**Call Matt to register  
902-222-0730**

Attend our  
**CAREER SEMINAR**  
Wed, September 30th at 7pm  
Royal LePage Atlantic Offices  
7075 Bayers Rd

# H1N1

HOW IT CAN  
AFFECT  
US ALL

## H1N1 PUBLIC INFORMATION SESSION – SEPTEMBER 30

Join us for Capital Health's annual business meeting, followed by an H1N1 public information session including panelists from Capital Health, the IWK Health Centre, Halifax Regional Municipality, Halifax Regional School Board, the Halifax Chamber of Commerce and the St. Leonard's Society.

Find out what your community is doing to prepare for H1N1 and how you can be ready too.

### Wednesday September 30, 2009

**6:00 pm** Reception, featuring the Capital Health Choir led by CEO Chris Power

**6:30-7:30** Annual Business Meeting

**7:45-9:00** H1N1 Public Information Session

**Panelists:** Gaynor Watson-Creed, District Medical Officer of Health; Judi White, Senior Staff Advisor, Halifax Regional School Board; Valerie Payne, CEO, Halifax Chamber of Commerce; Barry Manuel, Emergency Management Coordinator, HRM; Bill Pratt, CEO, St. Leonard's Society; IWK, TBA

**Location** Alderney Landing Theatre, 2 Ochterloney Dr., Dartmouth  
Free parking available next to Alderney Gate.

For more information call 473-2919 or email [capitalnews@cdha.nshealth.ca](mailto:capitalnews@cdha.nshealth.ca)



**Capital Health**

# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

## Comment

# PM may want election

## NationalReport

**Lawrence Martin**

metronews.ca/nationalreport

Stephen Harper keeps insisting he doesn't want an election. He repeated it yesterday when delivering an economic update in New Brunswick.

But down deep, is that what he is really thinking? The way the scales have tipped in his favour the last few weeks, he finds himself in position to make a good run for a majority government. We shouldn't be surprised, given his craftiness, if he brings forward measures that make it extremely difficult for the New Democrats — the only party propping up his government — to continue to support him.

The PM's only weak spot is in Quebec. He got a lift there yesterday with the

embarrassment inflicted upon the Liberals with the resignation of their Quebec lieutenant, Denis Coderre. Up until now one thing that could be said about Michael Ignatieff's leadership is that, in comparison to Stéphane Dion, he brought discipline to the Liberal party. Now even that is in doubt. Iggy is being called lffy.

The prime minister's report on his stimulus plan yesterday was vague, perhaps deliberately so, perhaps intended to get the opposition parties more worked up. The government continues to claim the vast majority of its motherlode of stimulus projects is underway. The opposition insists the number is a paltry 12

per cent. The government's Building Canada website doesn't help clear up the discrepancy. It's a jumble, suggesting the opposition might have a point.

The Conservatives have spent \$34 million in taxpayer money promoting their economic action plan. When the media found no less than 40 photos of Harper on the action plan website, making it look like the money was being blatantly used for political purposes,

the Prime Minister's Office staged a guilty-looking retreat and had the photos removed. Yesterday in the Commons, Transport Minister John Baird was at pains to dodge questions on the matter, giving a total non-an-

swers.

No matter. The Conservatives are in the driver's seat.

A poll released yesterday showed that by a wide margin — 48 per cent to 30 per cent — Canadians believe the country is headed in the right direction.

That's quite a compliment for the government when you consider the economic hard times, the burgeoning deficit, the government's doddling approach to the environment and the downward direction of the war in Afghanistan.

On the face of it, Canadians don't really have much reason to be upbeat. But when they look around, when they look at the stumbling Liberals, when they look at the problems in the United States and other countries, they don't feel so bad. Harper knows this. What he says about the wisdom of holding an election should be taken with a grain of salt.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



## LIBERAL UNITY



## Worth mentioning

# Countdown is on to reach climate deal: UN

The United Nations yesterday warned world leaders they have only 70 days to reach a new deal to limit global warming, while environmentalists pointed to the deadly floods in the Philippines to illustrate the already devastating impact of climate change.

Only hours after negotiations began, rich and poor nations were already flinging their usual rebukes at one another for failing to do their part to reach a deal to replace the Kyoto Protocol, which expires in 2012.

Talks have been dead-

locked for months over the industrial countries' refusal to commit to committing to sufficiently

deep cuts or provide billions of dollars to poor nations to help them adapt to the impacts of climate change and transition to a low-carbon economy.

The major developing countries like India and China, in turn, have refused to agree to binding targets altogether and are leery of demands that any of their commitments be monitored and verified as part of any agreement.

THE ASSOCIATED PRESS

# 70

"Time is not just pressing. It has almost run out," UN climate chief Yvo de Boer said, with a clock nearby showing there were 70 days until world leaders are scheduled to meet in Copenhagen to finalize a pact. "As many leaders have said, there is no plan B."

## Views

# There comes a time to eventually cut the cord

## ModernLife

**Georgie Binks**

metronews.ca/modernlife

I remember my dad asking me after university why I wasn't moving back to the family home in a cosy Ottawa suburb. An obnoxious 20-something, I chirped, "Can I have guys stay over?" "Of course not."

My parents took my departure well. Borrowing their station wagon, I hauled my junk to an apartment full of complete strangers, as desperate to be an adult as they were to be rid of their mouthy daugh-

ter. My dad only asked out of politeness.

All my friends fled their homes back then and their parents were equally ecstatic. So why, 30 years later, do parents want their adult children home so badly? And why do their kids remain?

Many kids can't escape because their parents, formerly "helicopter parents," hovering at school and soccer, have now graduated to "hostage-taking parents." Slinging weapons like home-cooked breakfasts, free laundry service and open invitations to sleep-over guests, they immobilize their prey.

Even when kids flee, they don't necessarily escape. Billy may head off for university, but mom has got

Windex and sponges and she's not afraid to use them. When my parents drove me to university in third year, they were so disgusted with the dump I was moving into (which included guys as well as girls), they ditched my furniture on the lawn and sped off. Windex?

An employer I know sometimes has to deal with irate mothers when he fires an employee. One professor had to meet with an entire family, grandparents et al, when he doled out a B to a student.

Not "cutting the cord" enables parents to hide from reality. Stay-at-home parents don't have to head back into the workforce, (understandably daunting if you've been out 20 years), if they have to cook Shawna

dinner. Couples can avoid tackling a relationship destroyed by too many mornings spent in hockey rinks and evenings under the Golden Arches if the kids are shackled up in the basement.

I remember moving to a new job in my 20s and sobbing into a pay phone, "Mom, the job's too difficult — I hate it here." Instead of telling me to come home, she replied, "I know you can do it, Georgie."

I could and did. And so could she. Not only did she return to work, but my parents have been having a hoot ever since, without using their kids as crutches.

Georgie Binks is a Toronto freelance writer who writes about gender and relationships; georgiebinks@rogers.com

## We Know What You're Thinking

# 71%

The number of Canadians who, when they read a book, read the introduction.



IPSOS REID

Tell us your views by email to [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca) or comment on [metronews.ca](http://metronews.ca) or on Twitter @metrohalifax

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



**Loblaws acquires T&T Supermarket**

Loblaws Companies Limited, Canada's largest grocery chain, closed the \$225-million acquisition of B.C.-based T&T Supermarket Inc., Canada's largest retailer of Asian foods. **THE CANADIAN PRESS**

**11**

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Drop in EI claims points to better job climate

The number of people getting jobless benefits fell for the first time in almost a year in July and the number of new EI recipients declined for the second straight month, offering further evidence Canada's labour market is improving.

July saw the number of workers on Employment Insurance benefits drop by 31,500 to 787,000, a 3.8 per cent decrease from June, Statistics Canada said yesterday.

The changes reflect in part the slowdown in job



losses as the economy begins to grow again in the current summer quarter — after three quarters of economic shrinkage in the recession and the painful restructuring in Canada's auto and forestry industries

that wiped out tens of thousands of jobs in the last year.

But it was the decline in new entrants to the EI rolls that economists saw as the best signal of progress from the harsh jobs market of late last fall and early 2009. Initial claims were down 8.5 per cent to 274,700 during the month, following a similar decrease in June, Statistics Canada said.

"Less people are entering the system, so this is a good news story," said Millan Mulraine of the TD Bank.

**THE CANADIAN PRESS**

## Worst boss Essay winner own boss now



Colleen Lynn, a graphic designer in Seattle, and her two dogs Beau and Billy pose for photos. Lynn turned her worst boss experience into an award-winning Worst Boss essay. Lots of employees complain about being treated like a dog, but the winner of a Worst Boss contest may have been the only one forced to walk like one. Today, Lynn is her own boss, running a graphic design business called VainNotion.

## Coke hopes coffee the one in 2010

The 2010 Winter Olympics will be an international podium for soft drink giant Coca-Cola Co. to more widely promote its Far Coast brand of coffee and tea, a move marketing experts say is a clever use of its powerful sponsorship status.

The Vancouver event will also mark the first time Coke, a longtime Olympic sponsor, will serve the Far Coast line of hot drinks at a Games, after rolling out the brand in select countries,

### VANCOUVER 2010 Games

including Canada and Norway, in recent years.

"It's an ideal venue for Coca-Cola to introduce their new products just simply because there is so much worldwide attention paid to it," said Lindsay Meredith, a marketing professor at Simon Fraser University in Vancouver.

**THE CANADIAN PRESS**

### In brief

**POWER** Even as it juggles multiple takeover offers, green energy producer Canadian Hydro Developers Inc. announced plans yesterday to acquire what it says will be the largest offshore wind operation in the world. The 4,000-megawatt offshore wind prospect in Ontario will be acquired from U.S.-based Wasatch Wind Inc. Financial details weren't disclosed. When complete it will be able to supply enough renewable energy to power over two million homes.

**THE CANADIAN PRESS**

## Say "NO Thanks" to Telemarketers!

- **NO MATTER WHAT COUNTRY YOU CALL**
- **NO MATTER WHAT RATE YOU PAY**
- **COMWAVE WILL BEAT IT... GUARANTEED!**



**NEW LOW RATE  
INDIA**

**2.9** ¢/min



### Latin America

Colombia from 3.9 ¢
Ecuador from 12.9 ¢
Guatemala from 10.9 ¢
Guyana from 27.9 ¢
Honduras from 15.9 ¢
Trinidad from 7.9 ¢

### Middle East

Egypt from 14.9 ¢
Iran from 3.9 ¢
Syria from 18.9 ¢
Lebanon from 9.9 ¢
Saudi Arabia from 3.9 ¢
U.A.E. from 16.9 ¢

### South Asia

Afghanistan from 24.9 ¢
Bangladesh from 3.9 ¢
Bhutan from 15.9 ¢
Nepal from 7.9 ¢
Sri Lanka from 11.9 ¢

If the country you call is not on this list, call today and we'll beat what you're paying with your current provider... **GUARANTEED!**

## The Comwave Bundles

Call over 20 Countries  
only **1¢** /min

The Comwave Global Bundle

**\$10/month = 1000 Minutes per Month - 1¢/min**



Limited Time Offer!

**UNLIMITED**  
Calling to  
Anywhere in  
**CANADA**

**\$5**  
/month

Make Long Distance calls to Anywhere in the World  
from your Cell Phone at Comwave's  
**GUARANTEED Lowest Rates**



- ✓ No need to cancel your service provider.
- ✓ \$10 Free Long Distance for every friend you refer
- ✓ No Contracts



**1-866-519-8090**

**WWW.COMWAVE.CA**

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against carrier or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. 2.9 ¢/min to India is based on a monthly plan of \$10/month for 355 minutes. UNLIMITED MINUTES DO NOT ROLL OVER TO THE FOLLOWING MONTH. UNLIMITED CANADA PLAN DOES NOT INCLUDE CALLS TO THE U.S., HONG KONG OR N.W.T. THE COMWAVE GLOBAL BUNDLE DOES NOT INCLUDE CALLS TO OVERSEAS MOBILE PHONES. CALLS TO ARGENTINA ON THIS UNCLE ARE TO BUENOS AIRES. CALLS TO BRAZIL ON THIS BUNDLE ARE TO RIO DE JANEIRO AND SAO PAULO. CALLS TO OVERSEAS MOBILE PHONES MAY BE BILLED AT A HIGHER RATE.



BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.00%	0.75%	0.80%	1.20%	1.05%	0.75%	0.75%	1.25%	1.00%	0.75%

Note: Please check bank websites as some rates require a minimum account balance.

Interest rates/Savings accounts  
METRO NEWS SERVICES

## Your Money

HiSAVE Savings Account

1.20% C\$

Apply online @ icicibank.ca

ICICI Bank

All interest rates are expressed on a per annum basis and are subject to change at any time without notice. Based on the HiSAVE Savings Account as published on the daily clearing balance and paid monthly. Funds and high and low rates are required to be maintained.

## Taxes linked to house worth

### MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

**Q** My property tax has increased almost five per cent. My supervisor lives three blocks south, yet his taxes did not increase. Why is our tax system unfair? — Ping

**A** Our various levels of government (federal, provincial and

municipal) attempt to impose a fair and equitable tax system by employing three principles: taxation based on earnings, wealth and consumption.

Property taxes are assessed on the value of property you own. The more expensive the home, the higher taxes you pay. Therefore, a house worth \$3 million, pays more tax than one worth \$400,000 in the outlying suburbs.

Is this the best system? It is the one we have. Ultimately, change rests in the hands of the individual.

Henry Choo Chong, CGA, can be reached at choochonghcgca@yahoo.ca.

# Forget the RRSP deadline

Alison OnMoney

Alison Griffiths

metronews.ca/alisononmoney

I know. Here it is not even Thanksgiving and I'm urging you to think about something that normally isn't on your radar until February — RRSP contributions.

There's a method to my nagging. When you ignore your RRSP until the deadline you risk two things: Not maximizing your contribution or, worse, borrowing to make it.

It is all too easy to do the latter if you have a personal or home equity line of

credit. I've even seen people take a cash advance on their credit card at RRSP time planning to pay it back with their tax refund.

But when the refund cheque arrives there are always other more pressing needs for it. You swear you'll get rid of the RRSP debt and start contributing monthly. Then "oops!" here's February again and the cycle repeats itself.

Even if you haven't contributed a dime to date, you've still got five months before the deadline. Don't worry so much about what to invest the money in, focus on getting the dough sheltered inside your RRSP.

Let's say your contribution room for 2009 is

\$2,000. If you start now with \$200 a month you will only need to find \$1,000 in the new year to max out your contribution rather than \$2,000. Big difference.

The other major reason for getting on top of your RRSP is the benefit of having the deduction. If you don't contribute you can't deduct — ergo, higher taxes. And if you don't need the deduction right now you get to carry it forward until you do.

It is very easy to build up tens of thousands of dollars in contribution room and very hard to come up with the money, without borrowing, to take advantage of the tax deduction it represents.

Setting up an automatic

Alison's Money Rule:

Start your RRSP contributions early and avoid New Year's financial stress.

contribution is by far the best way to go with your RRSPs. Once the habit of contributing regularly is ingrained and the money isn't available for you to spend, you won't think twice about it.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

mogo

borrow up to \$1500 instantly for free!

mogomoney.com

absolutely no strings attached and no hidden fees

new to mogo?

Apply now & get your first Zip Money loan FREE! Promo Code: METRO 4

## Rich Dad's Solution to the Economic Crisis on Wall Street

PROTECT Yourself & Even PROFIT In Today's Volatile Market

Now is NOT the time to rely on banks and brokers who get paid even when your portfolio tanks.

You need solid information that can help YOU TAKE CHARGE and PROTECT your own financial future.



**RICH DAD HAS A PLAN – LISTEN TO HIM WHILE THERE'S STILL TIME**

Robert Kiyosaki, author of the runaway bestseller *Rich Dad Poor Dad*, saw this crash coming **six years ago!** He wrote about it in his book, *Rich Dad's Prophecy*. That book not only said the biggest stock market crash in history was coming – it also outlined a **plan to prepare yourself and potentially profit** from it.

**IT'S STILL NOT TOO LATE!**

Our FREE Stock Success Workshop will show you how to:

- Protect Your Portfolio Even when Stock Prices Are Melting Down
- Create Cash Flow when Stock Prices Are Bouncing Up and Down
- Risk Management Strategies that Keep You Protected at All Times
- Profit from Stock without Owning It

**ATTEND A FREE WORKSHOP**

At Rich Dad's FREE Stock Success® Workshop, Robert's team of experienced trainers will show what you must do **RIGHT NOW** to safeguard your future and the future of your family. Come discover a step-by-step plan to take charge of your finances and **GET BACK ON THE ROAD TO SUCCESS!**

**RICH DAD'S FLASH DRIVE**

USB Drive, pre-loaded with a wealth of information including:

- An excerpt from Robert's book *Rich Dad's Prophecy*
- Exclusive online tools, articles and products
- Information about special events featuring LIVE session with Robert Kiyosaki
- BONUS!** Access to *Conspiracy of the Rich: The 8 New Rules of Money* – Robert's newest interactive online book



**Get this FREE GIFT**  
Yours **FREE** just for attending the workshop!

**DON'T MISS OUT! 2009 MODEL YEAR BLOWOUT!**



**2009 DODGE CALIBER SXT**

**\$15,495\***  
ST# 9-1466

**0% FINANCING**  
up to 36 mths!

Loaded with power locks, windows, air conditioning, cruise, cd & much more!

**\$0 DOWN \$129 BI WEEKLY**

**2009 DODGE RAM 1500 SLT LIMITED QUANTITY**

**\$31,650\***  
ST# 9-2463



**\$0 DOWN \$249 BI WEEKLY\*\***

Includes Remote Start, Side Steps & Uconnect!



**2009 DODGE GRAND CARAVAN**

**\$23,770\***  
ST# 9-2434

**LIMITED QUANTITY**

\*All prices are plus freight, fees and taxes. \*\*All payments are based over 84 months with \$0 down on approved credit

**\$0 DOWN \$189 BI WEEKLY\*\***

**12 Lakelands Blvd. Bayers Lake Park 455-0566**



**www.halifaxchrysler.com**

COMING TO THE HALIFAX AREA ON OCTOBER 14, 15, 16, OR 17

DON'T WAIT CALL NOW TO REGISTER OR REGISTER ONLINE AT

**1-800-988-6542**  
**www.richdadstock.com**

**FREE LIVE EVENT**

Results from programs are based on individual effort and other factors. The company's products are for educational purposes only. The company is not a registered investment advisor or a broker-dealer. Stocks and Options trading have large potential rewards but also involve large potential risks. Additional products and services will be offered for sale. The Rich Dad® word mark and logos are owned by CASHFLOW Technologies, Inc. and any use of such marks by Rich Dad Education, LLC is under license. © 2009 Rich Dad Education, Ltd. All rights reserved. 09RDES0076a V1 2-09

Robert Kiyosaki will not attend this workshop.



**Safina, Venus out, Wozniak advances at Toray Pan Pacific Open**

Defending champion Dinara Safina and Venus Williams were knocked out in the second round of the Toray Pan Pacific Open yesterday while Canadian Aleksandra Wozniak advanced. **THE ASSOCIATED PRESS**

**13**

# Sports



## Fleury retires as a Flame

Theoren Fleury's career is ending in the same place it began. The 41-year-old has decided not to try and pursue a comeback with another NHL team, choosing instead to retire as a member of the Calgary Flames. "I could not sign with another team," he said. "I retire a Calgary Flame." The Flames released him from a tryout last week. Fleury is second on the Flames' all-time scoring list with 830 points in 791 games. **THE CANADIAN PRESS**

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

### Sports in brief

**HOCKEY** Hammonds Plains native Brad Marchand was one of the final cuts of the Boston Bruins yesterday. Marchand was pinched out of a roster spot after star forward David Krejci returned from injury sooner than expected. He'll report to the American Hockey League's Providence Bruins and is expected to be one of Boston's first injury call-ups.

**NFL** Miami Dolphins quarterback Chad Pennington dislocated his right shoulder and may seek a second opinion to determine how long he'll be sidelined, a person familiar with his status said yesterday. Other media outlets reported Pennington had a torn capsule and was likely to miss the rest of the season.

**NFL** The winless Tampa Bay Buccaneers benched starting quarterback Byron Leftwich yesterday and replaced him with second-year pro Josh Johnson. Coach Raheem Morris made the decision a day after the Bucs fell to 0-3 while gaining just 86 yards total offense in a 24-0 loss to the New York Giants. Leftwich completed 7-of-16 passes for 22 yards and one interception.

**BASEBALL** Former Dodgers prospect Andy LaRoche homered twice and drove in six runs as the Pittsburgh Pirates again prevented Los Angeles from clinching the NL West with an 11-1 win yesterday. Already assured of a playoff spot, the Dodgers lost three-of-four to the Pirates, who had dropped 23-of-26 going into the series — the franchise's worst stretch in 119 seasons.

**NHL** The Columbus Blue Jackets traded a 2010 third-round draft pick to the Calgary Flames for defenceman Anton Stralman yesterday. The 23-year-old Swede played 88 games the past two seasons for the Toronto Maple Leafs before being traded with forward Colin Stuart to Calgary in July for centre Wayne Primeau.

**MLS** New England Revolution captain Steve Ralston will miss the rest of the season because of a knee injury. Ralston tore the ACL in his right knee during the Revolution's 2-1 win Saturday against the Seattle Sounders FC. He came down awkwardly while going for a ball, and is expected to have surgery.

**FOOTBALL** Arena football isn't dead just yet. Officials from what will be known as Arena Football 1 say they will have 16 teams, including three in markets where the former Arena Football League had clubs: Chicago, Phoenix and Orlando, Fla. Play would begin in 2010.

METRO NEWS SERVICES

# Raptors sport new look

## Nine players added to roster during off-season makeover

**The Toronto Raptors filed in one by one for the team's annual meet-and-greet with reporters yesterday — but before they could meet with the media, they had to meet each other.**

The Raptors open training camp today in Ottawa with nine new faces on the roster following a massive off-season overhaul. A big factor in the team's success this season could be just how quickly the players get to know each other.

"I think there's a lot of speculation that we are a lot better, but if we don't play as a team, there's going to be a lot of individual talent that's going to be wasted," said coach Jay Triano.

"Our job as coaches and the job of the players is going to be to get to know each other really quick, and I think that's one of the advantages of going away to training camp and getting away from the city a little bit and having our guys learn a lot about each other."

Unfortunately, one of the team's key pieces — captain and all-star forward Chris Bosh — will be late to join his teammates on the practice court after suffering a moderate strain of



Toronto Raptors Chris Bosh, right, and Hedo Turkoglu laugh as they pose for a photo on Raptors Media Day in Toronto yesterday. The team opens training camp in Ottawa today.

his left hamstring running sprints at home last week in Dallas. And Hedo Turkoglu, acquired from Orlando in a blockbuster four-team trade in the off-season, will take it easy through camp after playing for Turkey for most of the summer.

"They're going to find a way to integrate us, believe me," Bosh said, laughing. "We're going to have to work some things out as far as chemistry is con-

m.metronews.ca



Scan this barcode for the most recent Sports updates on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

cerned, but hopefully that will come along quickly. It's up to us to see how fast it will come along."

Bosh, one of three play-

ers back from last year's training camp — Jose Calderon and Andrea Bargnani are the others — said his injury isn't serious, but he'll likely spend much of training camp in the physio room or riding the stationary bike.

"Hopefully maybe I can do something by the end of the week, and maybe after the next week or so I'll be able to go full speed, get back to normal," he said.

THE CANADIAN PRESS

## Olympics loom over NHL season

**HOCKEY** The biggest impact on this NHL season won't be made by a breakout player or an upstart team. It's going to come from the Olympic tournament in Vancouver.

The 2010 Winter Games will not only halt the schedule for 14 days in February, they will have a huge bearing on other portions of the season as well.

Players around the league will be auditioning for Olympic spots from the time the puck is dropped Thursday night until the final rosters are selected in December. As a result, the Games promise to be a dominant storyline.

"It's the opportunity of a lifetime," said Team Canada boss Steve Yzerman, and he wasn't just speaking for Canadians.

There isn't a Finn or Swede or American or Russian who won't want to take part in the last Olympic tournament guaranteed to involve NHL players. While several prominent Russians including Alex Ovechkin and Evgeni Malkin say they'll also play the Games in their homeland in 2014, it remains to be seen whether the NHL will consent to having its schedule interrupted again for that event.

By the time this season's Olympic break arrives on Feb. 15, it should be a little clearer if the Pittsburgh Penguins have what it takes to challenge for another championship. The baby-faced Penguins proved last spring that kids grow up fast as Malkin, Sidney Crosby, Jordan Staal and Marc-Andre Fleury all had a chance to lift the Stanley Cup.

THE CANADIAN PRESS

## Tevez lifts Man City over West Ham

**SOCCER** Carlos Tevez scored twice against his former club as Manchester City beat West Ham 3-1 in the English Premier League yesterday.

The Argentina striker struck after five minutes and headed in Craig Bellamy's free kick in the 61st minute to return City to winning ways after losing to neighbour Manchester United earlier this month.

Tevez's goals were his first in the league since joining as part of a recent 200-million-pound (£345-million) spending spree and gave City its fifth win from the opening six matches.

City is now fifth in the standings, three points behind pacesetters Manchester United and Chelsea but having played a game less.

THE ASSOCIATED PRESS

## Wife of Redskins owner talks about her cancer fight

Most Washington Redskins fans wouldn't recognize the soft Georgia twang of Tanya Snyder's voice if they heard it. Her 10 years



Tanya Snyder

since husband Dan bought the team have been spent behind the scenes, raising three children and supporting various causes, mainly breast cancer awareness.

Then, last year, she was diagnosed with the very condition she had been working so hard to fight. Now, as a cancer survivor, she is taking on a more public role as a national spokeswoman for NFL's "Crucial Catch" breast cancer awareness campaign.

## Favre goes pink

• Brett Favre will be in purple to face the Packers for the first time next week. He'll also be wearing a little bit of pink. The NFL is honouring breast cancer awareness in October. Favre is one of four Vikings who will use pink equipment during Monday's game against Green Bay at the Metrodome, according to a league spokesman.

"My life has been very private," the 47-year-old Snyder said in an interview with The Associated Press in her husband's office at Redskins Park. "And this was one of those things I felt like, after experiencing it, this was the thing that I need to step out for."

The NFL will be awash in

pink on Oct. 4. Some players will wear pink cleats. Others will have pink gloves or wristbands. There will be pink towels and baseball caps on the sidelines. Even the goal post padding will be pink.

Arizona Cardinals receiver Larry Fitzgerald, whose mother died of breast cancer, is the other national spokesman for the campaign, which encourages screenings for women over 40 and is a partnership with the American Cancer Society.

Snyder was fortunate to spot the cancer early. She opted for surgery, both at the Mayo Clinic in Minnesota and at a hospital in the Washington area. She is doing well, although there are more followup visits to the doctor to come.

THE ASSOCIATED PRESS

**Canada's BEST Adult Chatline**

Live Talk 24/7

- 1 on 1 OR 2 on 1
- fantasy line
- first time caller promo!

**(800) 711-2525**



# Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

## Canada is a leader in prevention

One of the biggest studies in the world is underway here

CELIA MILNE  
For Metro Canada



**We run to cure cancer. We ride to conquer cancer. We walk to end cancer. Wouldn't it be great if we could prevent breast cancer before it starts?**

Canadian researchers are on the leading edge of not only finding better ways to diagnose and treat breast cancer, but also showing the world how the disease might be prevented in the future.

"Canada is really, really leading in breast cancer research," says Dr. Morag Park, a cancer researcher and professor at McGill University in Montreal. "We've got leaders in imaging, clinical

trials and animal modelling," she says.

Park studies what happens at the molecular level when someone develops cancer. "Many of us are probably walking around with the beginnings of cancer and never get it," she says. "What are the switches that allow cancer to develop? It sat there for 15 years and suddenly started to grow. That is not well understood."

Researchers around the globe are developing and linking studies and will begin to answer this question. "It is exciting," she says. Plus, new technologies give scientists the power to handle and analyse huge amounts of data. From that

**"We've got leaders in imaging, clinical trials and animal modelling."**

Dr. Morag Park, cancer researcher

information comes knowledge on better treatments and ways to prevent cancer.

One of the weightiest prevention studies in the world is underway in Canada. The Canadian Partnership for Tomorrow Project, now enrolling people in British Columbia, Alberta, Ontario, Quebec and the Atlantic provinces, will help to answer questions such as: Who gets cancer? Who doesn't? Where do they live? Where do they work? What do they eat? How much do they exercise?

The study will follow 300,000 Canadians over the next 20 to 30 years, who have agreed to be monitored for diet, physical activity level, sun exposure, tobacco use, exposure to chemicals, type of work, place of residence, and possible genetic factors.

Unlike many studies which are retrospective (looking back) and rely on people's memory of what they did, this study is prospective (looking forward) so results are more accurate.



STOCK PHOTO

Canadian researchers have the leading edge not only when it comes to finding better ways to diagnose and treat breast cancer, but also showing the world how the disease might be prevented.

Some enrollees, of course, will develop diseases such as breast cancer over the course of the study, and the data will reveal what patterns led to that. "It looks at environment, genes, behav-

iour and how those may inter-relate to cause breast cancer," says Dr. Heather Bryant, vice-president of cancer control at the Canadian Partnership Against Cancer in Toronto.

**5 days to go!** There's still time to unite with the people around you and register for the Canadian Breast Cancer Foundation CIBC Run for the Cure. [www.cbcf.org](http://www.cbcf.org)  
On Sunday, October 4, Who are you running for?™

**CIBC Run for the Cure**  
CANADIAN BREAST CANCER FOUNDATION



Breast Friends Dragon Boat Racing Team

CANADIAN  
BREAST CANCER  
FOUNDATION  
FONDATION  
CANADIENNE DU  
CANCER DU SEIN

Title Sponsor

National Sponsors





**SPECIAL FOCUS ON:**

**Breast Cancer Awareness**

health & beauty **15**

# The power of pink

Support breast cancer awareness with these limited edition beauty and fashion products — on sale in October

One in nine Canadian women is expected to develop breast cancer during her lifetime. The good news, according to the Canadian Breast Cancer Foundation, is that two-thirds will live through it.

Help support this impor-

tant cause as we head into October, Breast Cancer Awareness month. Here are a few examples of how you can incorporate a little pink into your life, while at the same time spreading awareness and raising funds for a cure.

METRO NEWS SERVICE



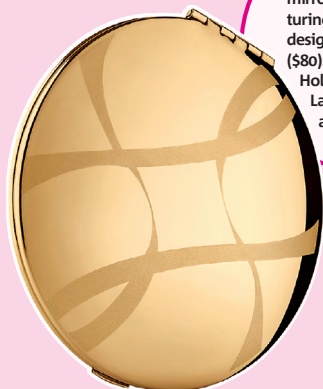
Pink Breast Cancer Awareness Pins (\$1). Available at La Vie en Rose boutiques and online at [lavieenrose.com](http://lavieenrose.com).



Estée Lauder Elizabeth Hurley Lip Set featuring lipstick, lipgloss and lip pencil in a pink ribbon cosmetic case (\$30). Available at all Estée Lauder counters across Canada.



Clinique Lipgloss Key Chain featuring a signature pink ribbon charm and three mini Long Last Glosswear SPF 15 in Air Kiss, Kissyfit and Whisper (\$22). Available at Sephora stores. [sephora.com](http://sephora.com).



Gold double-sided mirror compact featuring a subtle ribbon design on the cover (\$80). Available at Holt Renfrew Estée Lauder counters across Canada.



Jacob Care natural lip gloss (\$10). Available in Bella (soft pink), Donna (light coral) or Cita (raspberry) at all Jacob stores across Canada.



Lise Watier Pink Tribute Mini Lipstick Kit featuring Shortcake, Sucre D'Orge and Golden Apricot (\$19). Available in select department and drug stores across Canada. Visit [lisewatier.com](http://lisewatier.com).



Jeweled Pink Ribbon Pin (\$18). Covered in 20 pink crystals with a jewelry pin backing closure. Available at all Estée Lauder counters across Canada.



OPI Pink of Hearts 2009 Edition Nail Lacquer (\$10.95). Available at select professional salons across Canada. Call 800-341-9999 or visit [opi.com](http://opi.com).

Pink and white pajama set (\$39.95). Available at La Vie en Rose boutiques and online at [lavieenrose.com](http://lavieenrose.com).



Tweezerman Pink Ribbon Slant Tweezers (\$28). available at drug and department stores across Canada. Visit [tweezerman.com](http://tweezerman.com)



Clinique Dramatically Different Moisturizing Lotion (\$45.50/200mL). Available at Clinique counters across Canada. Visit [clinique.ca](http://clinique.ca)



Swarovski's Pink Hope charm (\$55) from the Swarovski Cares line. Visit [swarovski.com](http://swarovski.com).

## Breast cancer: Just the facts

- **NEW CASES:** 22,700 per year
- **DEATHS:** 5,400 per year
- **SYMPTOMS:** Lump in breast or armpit, changes in breast size or shape, changes in skin temperature, redness or swelling, inverted nipple, crusting or scaling on nipple.
- **SCREENING:** Mammography (once every two years recommended for women ages 50 to 69); clinical examination (once every two years recommended for women over 40); self-examination. Women with family history of the disease should ask a doctor about a personal plan.
- **TREATMENT:** A lumpectomy removes the tumour while conserving most of the breast. A mastectomy removes the entire breast and sometimes the lymph nodes. Radiation is used to treat many stages of breast cancer and frequently used after a lumpectomy. Biological therapy helps the body's immune system fight cancer. Herceptin is used to treat human epidermal growth factor positive (HER2) tumours.
- **LATEST RESEARCH:** Research funded by the Canadian Cancer Society includes assessing what information patients require about complementary therapies, the use of MRI to detect if the cancer has spread, investigating whether combining various anti-cancer drugs can activate genes that prevent spreading.

TORSTAR NEWS SERVICE



# Support by type

Groups now customized by disease specifics

CELIA MILNE  
For Metro Canada

**Karyn Stowe is a 38-year-old mother of three kids, ages seven, four and three. A year ago, she was diagnosed with an aggressive form of breast cancer called HER2 positive.**

"I was totally freaked out," she told Metro.

Not many women in Stowe's stage of life and with her level of good health get breast cancer.

She is active — working out several times a week and walking six kilometres a day in midtown Toronto. She eats well, including lots of organic foods. She has never been overweight. Each of her three kids was breastfed until almost one year of age, an activity that is supposed to be protective against

breast cancer. No one in her family has ever had any type of cancer.

"I was enjoying life in my 30s," she says. "I had none of the risk factors. Breast cancer wasn't even on my radar."

Breast cancer is not one disease. There are many different

types, each acting in different ways. Gone are the days

when treatment followed a one-size-fits-all

model. A new era has begun in which

therapy targets the specific type of breast cancer.

Stowe's cancer, HER2+, accounts for about 20 per

cent of cases, and is often treated with a new targeted

therapy called Herceptin.

While going through treatment, Stowe found comfort in family, friends and neighbours. She had a mastectomy and lymph

node removal in September 2008, and then six

rounds of chemotherapy, followed by five weeks of

daily radiation. Now, she is on Tamoxifen and Herceptin.

But as treatment winds down, Stowe still

needs a shoulder to cry on, a place to

commiserate and share.

Support systems are also entering a new era: They

are custom-made for specific types of cancer. Re-

think Breast Cancer, a support network for young

women with breast cancer, is launching TellHER2.ca

Find cancer support groups at [cancerview.ca](http://cancerview.ca), look under Cancer Journey

## See changes with Breastlight

**INNOVATION** Get to know your breasts. Women often hear it's a good idea to feel for changes in their breasts. Lumps and asymmetries could signal cancer. Now, a small handheld machine that can be used at home allows women to see changes as well feel them.

The Breastlight, which looks a bit like a mini hair dryer, is a device containing a powerful light.

When you press it to your breast, it lights up and shows what your breast looks like on the inside. Dark lines, for instance, are veins, and that is normal. But dark shadows or splotches may be a signal to go to the doctor for a mammogram or clinical

examination. In most cases, it is a false alarm, but it is better to be safe than sorry.

Breastlight is used with a water-based lubricant. The device costs \$149.99 (plus \$9.99 for the lubricant), a little steep, but it can be used over and over again by all the women in your home. It is available at Rexall and Rexall Pharma Plus stores, or by ordering through [breastlight.ca](http://breastlight.ca).

It is recommended that women under 50 have clinical breast exams at least once every three years and women over 50 have a yearly mammogram and annual clinical breast exam.



The Breastlight costs \$149.99 and is available at Rexall and Rexall Pharma Plus stores or at [breastlight.ca](http://breastlight.ca).

CELIA MILNE/  
FOR METRO CANADA

### In brief

#### PRODUCT

Brita has brought back its limited edition Pink Pitcher water filtration system for October, Breast Cancer Awareness month. Brita will contribute \$4 from the sale of every limited edition Pink Pitcher to the Canadian Breast Cancer Foundation. It will be nationwide at mass retailers, including Wal-Mart, Zellers, Home Hardware and Loblaw stores for \$34.99.

METRO NEWS SERVICE

## Breast cancer survivors galore

**STATISTICS** Though there's still much work to be done in breast cancer, the latest statistics point to good news.

Breast cancer is not a death sentence by any means. In fact, the five-year survival rate is 87 per cent, according to 2009 figures from the Canadian Cancer Society and Statistics Canada. Chances of surviving have risen five per cent over the last 15 years.

Why? "Captur-

ing the tumour early has been a key event, coupled with advances in therapy," says Dr. Morag Park, a cancer researcher and professor at McGill University in Montreal.

In 2009, it's estimated that there will be 22,900 new cases of breast cancer. And 5,400 Canadians will die of the disease.

CELIA MILNE/  
FOR METRO CANADA



## Choosing the breast clothing

Designer caters to bodies with little or no chest

ELISABETH BRAW  
Metro World News



**"I realized that the only clothing targeted to women who had lost their breasts were the medical bras hospitals sell."**

Designer Hilary Boyajian

**FASHION** Looking to find a sexy dress for the single-breasted woman? Good luck. Fortunately, a New York fashion designer has pioneered a new approach.

"Many women can't or don't want to have reconstructive surgery," says Hilary Boyajian. "I realized that the only clothing targeted to women who had lost their breasts were the medical bras hospitals sell. Who goes clothes-shopping in a hospital?"

Between 70 per cent and 84 per cent of breast cancer patients in developed countries beat the disease, only to face an awkward reality: they have nothing to wear.

So Boyajian, a 33-year-old New York designer, developed Chikara, a fashion line for women with one or no breasts. The ancient Greece-inspired clothes, which are draped across the chest, cover up the missing breasts. Boyajian sells the clothes over the Internet and recently opened her first shop, in New York City's NoLita neighborhood.

"I get so many emails from breast cancer survivors thanking me for doing this," she says. "What they particularly like is that people don't look at their clothes and say 'Oh, that dress must be for a woman with no breasts.'"

For more information: [chikaradesign.com](http://chikaradesign.com).



Designer Hilary Boyajian doesn't want breast cancer to limit women's fashion options. For this reason she has designed a line of clothing for the woman with one or no breasts. It includes pieces like this sweater with draping across the chest (left) and one-sided bras (above). Her clothing is sold at [chikaradesign.com](http://chikaradesign.com)





**SPECIAL FOCUS ON:**

**Breast Cancer Awareness**

health & beauty **17**

# Elective breast removal

Voluntary mastectomy rates up in recent years, says U.S. study

ELISABETH BRAW  
Metro World News



**Losing your breasts as a result of cancer is traumatic enough. But removing them voluntarily? Lots of women do it.**

"It felt like I had a ticking bomb in my body," recalls Jennifer Chamberlin, a 36-year-old paramedic from Pennsylvania.

"My grandmothers and several aunts had had breast cancer."

So Chamberlain decided to surgically remove both of her breasts, along with her ovaries — even though she didn't have cancer.

"I just didn't want to risk getting cancer. I know I can still get other types of cancer, but this was one risk I could do something about," she says.

Chamberlin is not unique: between 1998 and 2005, the rate of contralateral prophylactic mastecto-

my — removal of two healthy breasts — among U.S. women increased by 188 per cent, according to a study by physicians at the University of Minnesota School of Medicine.

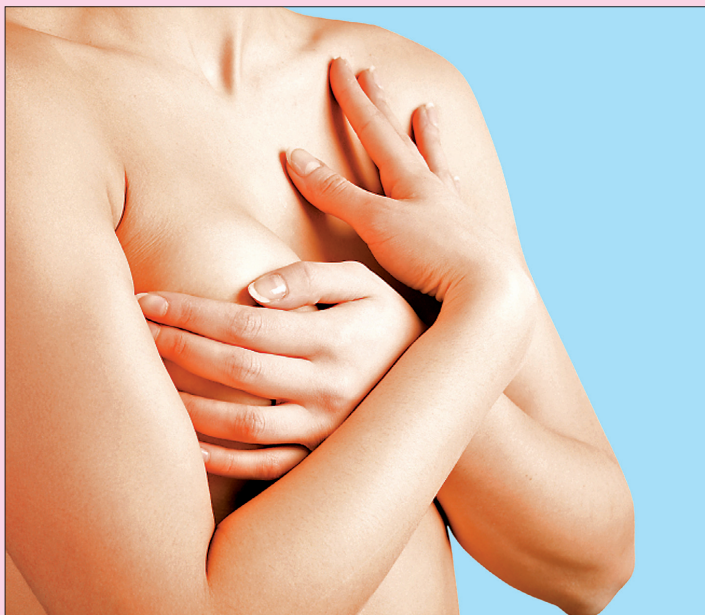
"The 10-year survival rate for women with DCIS (the most common form of breast cancer) is 98 to 99 per cent," says lead researcher Dr. Todd Tuttle.

"Removal of a normal breast will not improve the excellent survival rates. Nevertheless, many women, particularly young women, are choosing to have both breasts removed."

Jamie Inman of California made the same choice — and deeply regrets it.

"If I had known about the sexual side effects there's no way I'd have done this," she says.

"Not having any nipple sensation has been devastating, both to my me and my husband."



STOCK PHOTO

The rate of contralateral prophylactic mastectomy — removal of two healthy breasts — among U.S. women increased by 188 per cent between 1998 and 2005.

## Men need to be screened too

**AWARENESS** Though it is rare, men can and do get breast cancer.

According to the Canadian Breast Cancer Network, fewer than one per cent of breast cancer cases are found in men. Yet, they caution that it is still important for men to practice screening techniques. Men of all ages can develop breast cancer; however, it is most commonly diagnosed between the ages of 60 and 70.

Risk factors for men include having a family history of breast cancer, carrying the BRCA2 gene mutation, estrogen administration and having a disease or condition associated with hyperestrogenism (eg: gynecomastia, Klinefelters or cirrhosis). Symptoms for men to be aware of include breast lumps, nipple inversion, nipple discharge and pain in the breast.

METRO NEWS SERVICE

## Paint sales benefit research

**PRODUCT** Fall is a good time to paint because it's still warm enough to keep the windows open.

Sico's Flat for Ceilings latex paint rolls on pink and dries to white, showing you areas you've already painted. So, you don't have to worry (much) about those extra splashes.

And, best of all, Sico is donating \$1.25 from each gallon of paint sold across the country to the Canadian Cancer Society.

Sico's campaign, which kicked off Sept. 1, aims to raise \$50,000 toward breast cancer research.

"There's a lot of excitement about this," says Stéphanie Pelland, marketing communication manager for Sico.

Sico aims to sell 40,000 gallons of paint, which retails for \$26.99, to reach its goal.

TORSTAR NEWS SERVICE

## Sit and sniff — dogs fighting cancer

CELIA PEDROSO  
Metro World News



**Dogs can help fight two of the most deadly types of cancer — breast and lung cancer — detecting it in exhaled breath.**

A study conducted at the Pine Street Foundation, a non-profit cancer education and research group in San Anselmo, Calif., had such good results that a new research, related with ovarian cancer, is currently being done. The methodology is similar as are the breeds used.

Nicholas Broffman, executive director of the Pine Street Foundation, alerts: "Should your best friend display a persistent and animated behaviour around a person, we do recommend medical follow-up."

Here Broffman answers questions about his studies:

**Q** Do you think your studies can lead to a future scent detection system in clinical practice, alongside mammograms, for instance?

**A** Our research will lead to the development of new diagnostic tools that can be used along currently accepted screening methods, such as mammogram and CT scans.



Researchers now use dogs to conduct cancer detection studies by having them sniff exhaled breath samples.

**Q** Will dogs one day detect cancer even earlier than standard screening tests?

**A** The specificity and the sensitivity of the dogs involved in our 2006 study exceeded several currently accepted screening methods.

**Q** How were the reactions to your study in the medical community?

**A** The medical community is always looking for ways to improve accuracy and find methods that can detect cancer at its earliest stages. Other researchers around the world are now working on the early detection of

disease through scent and biological biomarkers.

**Q** After your successful studies, should we worry if our pets insist on smelling our neck or breath?

**A** Numerous anecdotal reports have been published and televised documenting individual cases in which dogs began to display persistent and animated behaviour around specific body locations on their owners. These behaviours, on subsequent medical evaluation, proved to be accurate, and in some cases life-saving, early warning signs of cancers such as those of the breast and skin (melanoma).



PHOTO BY JAMIE CHRISTIAN

Bridget Spence, left, a 25-year-old with Stage IV breast cancer, is seen here with her mother Dorothy Mooney.

## Survivor sees the sunny side

**PEOPLE** Bridget Spence knows she wants children. But she doesn't dare to even dream of it. The 25-year-old has Stage IV breast cancer.

One day four years ago, Spence felt a lump in her breast. She saw a doctor, who checked her breast and assured her that it was nothing to worry about.

"But when I graduated six months later, the lump was protruding from my breast, and my parents told me I looked yellow," recalls Spence, a fit yoga-fan with no family history of breast cancer. "So I went to a different doctor. He told me that I had Stage IV breast cancer that it had spread to the liver."

Spence was given a 16 per cent chance of surviving un-

til age 30.

"At first I was very angry at having been misdiagnosed and wondered 'why me?'" she tells Metro. "But then I thought 'I'll show you! I'll be one of the 16 per cent'."

Four years later, Spence is still alive. She even has a full-time job.

But she knows the disease may still defeat her.

"Cancer is a roller-coaster," she explains. "There are bad days and good days, where I think I can be among the 16 per cent."

The worst days come every three months, when Spence undergoes a scan to see if the tumor has grown.

"Then I turn off the phone and go into survival mode," she says.

ELISABETH BRAW/  
METRO WORLD NEWS

**"Cancer is a roller-coaster... There are bad days and good."**  
Bridget Spence, 25

## In brief

**DIAGNOSING** Only five per cent of all breast cancer cases occur in women under 40. Diagnosing breast cancer in young women is more difficult because their breast tissue is generally denser than the breast tissue in older women. By the time a lump in a younger woman's breast can be felt, the cancer often is advanced. Breast cancer in women under 40 can also be more very aggressive and less likely to respond to treatment than breast cancer among older women.

SOURCE: WEBMD



# DHA boosts babies' cognitive skills

Adding fatty acid nutrient to formula can help develop goal-directed behaviour: Study

**Babies fed formula experimentally supplemented with the essential fatty acid DHA appear to have higher cognitive skills than infants given standard formula, a study has found.**

Previous research has shown that breast-fed babies have more advanced cognitive skills than formula-fed babies and those capabilities appear to persist into later childhood. Scientists have suggested the difference could be due to high levels of DHA found naturally in breast milk.

To test the theory, researchers at the Retina Foundation Southwest and the University of Texas studied more than 200 infants randomly assigned to be fed either DHA-fortified formula or standard formula.

The study included three groups of babies at different ages given one formula or the other: The first group within days of birth; the second group after six weeks of being breast-fed and weaned; and the third following four to six months of breastfeeding and weaning.



Researchers at the Retina Foundation Southwest and the University of Texas studied more than 200 infants randomly assigned to be fed either DHA-fortified formula or standard formula.

All the children were assessed at nine months of age using a problem-solving test in which they had to complete a sequence of steps to reach and grab hold of a rattle.

In the two-step test, the babies had to remove a cloth covering the rattle and pull another cloth on which the toy was placed so it was close enough to pick up, said James Drover, who helped conduct the study during a

post-doctoral fellowship at the Retina Foundation in Dallas.

"So it's very goal-directed," Drover, now an assistant professor of psychology at Newfoundland and Labrador's Memorial University, said Tuesday from St. John's. "They have to carry out those behaviours in order to get the toy."

"And what we found was the children that were fed the DHA-supplemented formula were more likely

to show these goal-directed behaviours. They had higher intentions scores. Not only that, but they were more likely to be successful on each trial."

Dr. Robert Issenman, chief of pediatric gastroenterology and nutrition at McMaster Children's Hospital, could not comment specifically on the study, but said DHA has long been suspected of being "a very important nutrient in infants in terms of their

neuro-cognitive development."

In fact, DHA has routinely been added to formula given to premature infants and recently manufacturers began selling DHA-enhanced formula for all babies "on the premise that if it's good for the premature babies, it might be good for (full-term) babies."

Issenman, a spokesman for the Canadian Paediatric Society, said researchers would need to study children over time to determine whether inclusion of DHA in formula for infants actually has lasting effects on their cognitive abilities compared with kids who didn't get DHA-added formula.

"The Canadian Paediatric Society would say that one way to assure that you're getting appropriate levels of nutrients for infants is to breastfeed," he said from Hamilton. "And we encourage breastfeeding of all babies, exclusively for six months and at least to a year."

As to the benefits of adding DHA to formula, Issenman said the CPS "doesn't have a position on that at this time."

Bruce Holub, a professor

## What is DHA?

• DHA, or docosahexaenoic acid, is found in high concentrations in the human brain and retina of the eyes. Dietary sources include oily fish, eggs and meat.

of nutritional sciences at Ontario's University of Guelph, said the study used amounts of DHA in its enhanced formula that are rarely seen in the breast milk of Canadian mothers — but should be.

Holub, an expert in DHA and other Omega-3 fatty acids, said studies have shown that on average, pregnant and lactating women in Canada have DHA levels far below optimal.

Breastfeeding, when possible, is certainly recommended, he stressed. But women need to add more DHA-rich foods to their diets — especially fish — so their babies get enough of the nutrient in the breast milk.

The study appears in the September-October 2009 issue of the journal *Child Development*.

THE CANADIAN PRESS

## The green winners

Our eco-friendly picks include rollerball aromatherapy, a cool deodorant and an anti-frizz hair balm

### J.R. Watkins Lip Tint

These natural and slim little beeswax balms condition lips with a hint of shine and colour (you can layer them for more intensity). Shown here: Strike-a-Rose, left, and Simply Mauve-lous. (\$6 each, 2.55 g)



RHONDA ROVAN/BEST HEALTH MAGAZINE

### Aromatherapy Personals

Made from all-natural oils, NuWorld Botanicals rollerballs come in 11 mood-enhancing blends to massage into pulse points. Aphrodisiac contains jasmine, sandalwood, ylang ylang and patchouli. (\$20 each, 9.6 ml)



### Saijojo Calm Eco Smoothing Balm

Saijojo is a new Canadian eco line of hair products with a Zen-inspired name meaning "great and perfect practice." (\$26, 150 ml)



### Erbaviva Lemon & Sage Organic Deodorant

You can share this chemical-free spray deodorant with your natural guy — its woody scent is meant to appeal to women and men. (\$19, 100 ml)



### besthealthmag.ca

Best Health is now on newsstands. For more Best Health, visit [besthealthmag.ca](http://besthealthmag.ca)



**Doctors Eye Clinic**  
Doctors of Optometry

**SIGHTLESS.**  
Vision loss. You never see it coming.  
But we can. [DoctorsEyeClinic.com](http://DoctorsEyeClinic.com) | 454.2020  
Sackville | Spring Garden | Spryfield | Scotia Square



**SPECIAL FOCUS ON:**

# Breast Cancer Awareness

## health & beauty 19

# Green winners

Our eco-friendly picks include rollerball aromatherapy, a cool deodorant and an anti-frizz hair balm

RHONDA ROVAN/BEST HEALTH MAGAZINE

### Saijojo Calm Eco Smoothing Balm

Saijojo is a new Canadian eco line of hair products with a Zen-inspired name meaning "great and perfect practice." Indeed, you'll feel calm knowing this frizz-fighting, shine-boosting styling cream contains camellia seed oil and vitamins that nourish hair, and that there are no parabens or synthetic fragrance and colours. (\$26, 150 ml)



**J.R. Watkins Lip Tint**  
These natural and slim little beeswax balms condition lips with a hint of shine and colour (you can layer them for more intensity). Shown here: Strike-a-Rose, left, and Simply Mauve-lous. (\$6 each, 2.55 g)



### Erbaviva Lemon & Sage Organic Deodorant

You can share this chemical-free spray deodorant with your natural guy — its woody scent is meant to appeal to women and men. Certified organic, it blends grain alcohol and essential oils of lemon, sandalwood, patchouli and tea tree oil. (\$19, 100 ml)



### Aromatherapy Personals

Made from all-natural oils, NuWorld Botanicals rollerballs come in 11 mood-enhancing blends to massage into pulse points. Aphrodisiac contains jasmine, sandalwood, ylang ylang and patchouli, purported to enhance sexual energy. Or boost your concentration and relaxation with Mental Clarity and Sweet Dreams, respectively. (\$20 each, 9.6 ml)



**besthealthmag.ca**

Best Health is now on newsstands. For more Best Health, visit [besthealthmag.ca](http://besthealthmag.ca)



# Exercise extends survival even in the 'oldest old'

**Even in the "oldest old," a little physical activity goes a long way, extending life by at least a few years for people in their mid- to late 80s, Israeli researchers found.**

The three-year survival rate was about three times higher for active 85-year-olds compared with those who were inactive. Getting less than four hours of exercise weekly was considered inactive; more than that was active.

The results "clearly support the continued encouragement of physical activity, even among the oldest old. Indeed, it seems that it is never too late to start," the researchers wrote in yesterday's Archives of Internal Medicine, which published the study. They noted that exercise reaped benefits even for previously sedentary 85-year-olds; their three-year survival rate was double that of inactive 85-year-olds.

Oldsters didn't have to be super-athletes to live longer; walking at least four hours weekly counted, even if it was just in 15-minute strolls a few times daily. "As little as four hours a week was as beneficial as more vigorous or prolonged activity," said study author Dr. Jeremy Jacobs, a geriatric specialist at Hadassah Hebrew University Medical Center in Jerusalem.



Researchers say it's never too late to start exercising.

Active octogenarians also reported less depression and loneliness and a greater ability to perform daily tasks. Similar benefits have been shown in people in their 60s and 70s, but there has been little research about exercise benefits in people in their 80s.

The study involved 1,861 Jerusalem residents who were 70 years old in 1990. Participants filled out questionnaires about their health and activity levels through 2008. At age 85, 64 per cent were physically active, a relatively high percentage that reflects the Israeli lifestyle, Jacobs said. But he said similar benefits from exercise likely would be seen among the very old in other countries.

There were 512 deaths. Slightly fewer than seven percent of the active 85-year-olds died by age 88, versus about 24 percent of those who were inactive.

THE ASSOCIATED PRESS



Canadian Cancer Society / Société canadienne du cancer

NOVA SCOTIA DIVISION



## If you're worth a pedicure, you're worth a screening.

Be good to yourself inside and out.

Talk to your doctor about breast, cervical and colorectal cancer screening.

**Early detection can save your life.**

[www.cancer.ca](http://www.cancer.ca) 1 888 939-3333

DONATE. RESEARCH. RUN. **DETECT.** CURE.

**Look**  
like you want  
the truth.

CANADIAN  
BREAST CANCER  
FOUNDATION  
FONDATION  
CANADIENNE DU  
CANCER DU SEIN  
Atlantic / Atlantique

Early detection saves lives.  
Book your mammogram today!  
Call 473-3960 or 1-800-565-0548

For more information on the work of the  
Canadian Breast Cancer Foundation  
visit [www.cbcf.org/atlantic](http://www.cbcf.org/atlantic) or phone 1-866-273-2223

metro

metronews.ca

Tuesday, September 29, 2009

## 20 health & beauty

# Cougar conundrum

### The J Spot

**Josey Vogels**

[metronews.ca/thejspot](http://metronews.ca/thejspot)

When Claudia Openkelder told me that ABC refused to run her ad for CougarLife.com in certain markets during the premier of Courtney Cox's new series Cougar Town because advertising a service that helps older women meet younger men clashed with the network's Disney-affiliated image, I was as taken aback as she was. Surely, I thought, six years into Demi Moore and Ashton Kutcher, we're no longer shocked by the idea of older women dating, even marrying, much younger men.

But then I tried to imagine how I'd feel if the advertiser were sugardaddy.com or established-men.com, one of the many sites that set older men up with young women. Would I be equally dumbfounded? I doubt it.

But that's because powerful, wealthy men have been dating

younger women for years and nobody bats an eye, says Openkelder, who, at age 39 is dating a guy 14 years younger.

Now that women are enjoying more independence, wealth and power than ever before, we're seeing more women looking for a young, spirited mate who can keep up with her.

Certainly, women still have more hurdles to overcome in this arena. I am reminded of a story that a colleague told me about her marriage to a guy five years younger.

His mother walked around her wedding telling people: "She's older than him, you know, AND a divorcee!" I kid you not. Surely, had it been the other way around, no one would have blinked.

And the irony of ABC's decision not to run her ad — which depicts a bunch of shirtless construction workers outside a school ogling the teacher rather than the students — during a series all about older women dating younger men is not lost on Openkelder.

"Apparently, they're okay with a fic-

**"Powerful and wealthy men have been dating younger women for years."**

tion version of this idea, but they're not comfortable with the reality," she says.

I just worry that the Cougar is becoming yet another image modern women have to live up to. After all, CougarLife.com describes cougars as independent, sexy, wildly successful, classy, confident, smart. Phew. Meanwhile the only adjective for the men over on established-men.com is "financially successful."

I couldn't agree more that as women enjoy more independence and power they should also enjoy a greater variety of choices when it comes to all aspects of their lives.

But for me, the double standard will only really end when we don't have to bend over backwards convincing society that women still have a shelf life after 40. And no one blinks when we marry a younger man.

• Share your best relationship disaster story on the comments section of Josey's Sexcetera blog at [metronews.ca/blog](http://metronews.ca/blog).

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogels.com](http://joseyvogels.com).

After Demi Moore and Ashton Kutcher, are we still shocked by the idea of older women dating, or even marrying, younger men? Looks like some people still are.

**U weight loss® clinic**

GUARANTEED WEIGHT LOSS • CALL 902.431.8746  
[www.uweightloss.com](http://www.uweightloss.com)

**Antoinette's**  
Esthetics and Nails Ltd

444.9222  
16 Titus Street, Fairview  
(corner of Main & Dutch Village)

**Come in for a  
brow wax and  
receive a  
complimentary  
brow tint!**

For all your esthetic needs  
Professional, comfortable,  
and experienced!

[www.antoINETTES.ca](http://www.antoINETTES.ca)

**An open-air gym**

**Fall Session starts now.  
Sign up today!**

Flexible schedule  
Four seasons  
Morning, afternoon & evening  
Groups of 15 persons  
Duration: 1 hr 15 min  
Sign up online:  
[outdoorfitness.ca](http://outdoorfitness.ca)

Contact us!  
902.431.6992  
[halifax@outdoorfitness.ca](mailto:halifax@outdoorfitness.ca)

**outdoor fitness**  
[outdoorfitness.ca](http://outdoorfitness.ca)

Cardio Muscle Toning  
Cardio-Stroller  
Outdoor Zen





# Getting those veggies ribbon-thin

To speed up the ribboned vegetable prep time, try using a mandolin or Benriner slicer to make perfect zucchini and squash ribbons. If you don't have one, some vegetable peelers will also make long ribbons. [20MINUTESUPPERCLUB.COM](#)

21

# Food

For new ideas on how to prepare your turkey and all its fixings, try the 20minute supperclub.com Thanksgiving Guide. Maple Squash, Paper Bag Roast Turkey and many other fall recipes await you.



## You can win

Enter your favourite fall recipe in our 20 Minute Supper Club Favourite Fall Recipe contest and you could win one of 10 Breville Prize Packages.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

## LiquidAssets

Peter Rockwell



metronews.ca/liquidassets

## Wine & brew: Cheers to U2

Leave it to me to bring wine to a tailgate party. OK, while I'm not much of a football fan, my trip to Gillette Stadium in Foxboro (just outside Boston) two weeks ago wasn't to see a game. Me and 60,000 of my closest friends (including Tom Cruise) were there to experience U2.

Tom didn't join us for a pre-concert tippie in the stadium's massive parking lot, but just about everyone else did. Though I kept things simple with my bottle of American-made 2007 Robert Mondavi Private Selection Cabernet Sauvignon (\$18.95 - \$19.99) and a couple of glasses; hundreds of others came prepared to party.

Televisions, lawn chairs, barbecues: You name it and they brought it. The girls next to me were kind enough to share their grilled beef, which went perfectly with the dark berry fruit flavours of my cabernet. (Vintage 2007 was excellent in California).

Of course Boston is a beer town and Samuel Adams' Boston Lager (6 x 355 mL, \$12.10 - \$15.99) is its lifeblood; combining the depth of an English ale with the refreshing personality of a Euro lager. (We had a few during the show).

So how was the concert? To quote Bono: "Magnificent."

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

# Leaving you warm and full

With the cool breeze of fall in the air, it's the perfect time to start thinking about your Thanksgiving spread.

This week's fall meal is full of vitamins and vegetables to keep you healthy in the colder months. To begin this healthy meal we start with the veggie-packed Moroccan Quinoa Salad. Next, we explore the delicious taste of rainbow trout in the Pan Fried Trout with Zucchini Ribbons and Pine Nuts. End the meal on a sweeter note with Spicy Caramelized Pecans and Cranberry Brie: Sure to be a household favourite. -CHRISTY PENGILLY

## Moroccan Quinoa Salad

Food Styling by Ian Mugridge.

SERVES 6

PREP TIME: 10 MINUTES

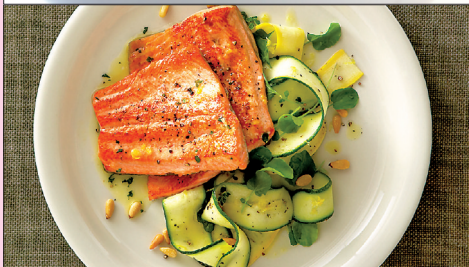
COOKING TIME: 10 MINUTES

### INGREDIENTS:

- 3 cups cooked quinoa (from 1 cup dried)
- 1/3 cup freshly squeezed lemon juice (about 2 lemons)
- 3 tablespoons olive oil
- 2 teaspoons ground cumin
- 1 teaspoon salt
- 1/4 teaspoon sugar
- 1 1/2 cups canned black beans, rinsed
- 1 1/2 cups corn kernels (about 2 cobs) or defrosted frozen
- 1/2 small red onion, thinly sliced
- 1 pint cherry tomatoes, quartered
- 1/2 cup slivered almonds, toasted
- 1/4 cup chopped green or black olives
- 1/4 cup chopped fresh mint
- 1/4 cup chopped fresh coriander

### METHOD:

1. Cook quinoa.
2. While quinoa is cooking, whisk together lemon juice, olive oil, cumin, salt and sugar into a vinaigrette in a small bowl.
3. Combine quinoa and all remaining ingredients, except fresh herbs, into a medium-sized bowl.
4. Drizzle with vinaigrette. Toss to combine.
5. Refrigerate for at least



A complete fall meal from 20 Minute Supper Club.

Quinoa contains more protein than any other grain

one hour to allow flavours to combine. Add fresh herbs just prior to serving. May be served at room temperature.

## Pan Fried Trout with Zucchini and Pine Nuts

Recipe Developed by Paula Bowman.

SERVES 4

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

### INGREDIENTS:

- 2 small zucchini (about 8oz), trimmed, sliced lengthwise into 1/16-inch ribbons
- 1 small squash, trimmed, sliced lengthwise into 1/16-inch ribbons
- 1/4 teaspoon kosher salt, plus more for seasoning
- 1/4 cup baby watercress
- 1/4 teaspoon finely grated lemon zest
- 2 tablespoons fresh lemon juice
- 1 teaspoon lemon thyme leaves, or regular thyme
- 1 teaspoon honey
- 1/4 cup, plus 2-teaspoons fruity olive oil
- 1/4 cup pine nuts

dry with paper towels and set aside in a bowl with watercress.

2. In a small bowl, whisk lemon zest and juice, thyme leaves and honey together. Slowly whisk in 1/4-cup olive oil to blend. Season with salt and pepper and set aside.

3. In a large dry non-stick skillet, set over medium-high heat, add pine nuts and stir constantly until golden brown, about 4 minutes. Remove from skillet and set aside. Return skillet to heat and add 2 teaspoons olive oil. Working in batches as necessary so as not to overcrowd the skillet, gently place trout fillets, skin-side up and cook until golden brown, about 2 minutes. Carefully flip fish over and cook the other side until fish is cooked through, about 2-3 minutes. Remove from pan, keep warm and cook second batch of fish, adding more oil as necessary.

4. To serve, pour 1 tablespoon vinaigrette over zucchini and watercress, season with salt and pepper and gently toss. Divide equally between 4 plates, set trout over top of zucchini and sprinkle pine nuts around fish. Spoon remaining vinaigrette over fish or serve on the side to be poured over fish as desired.

## Spicy Caramelized Pecans & Cranberry Brie

Developed by Dana McCauley.

SERVES 6

PREP TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

### INGREDIENTS:

- 1/2 cup lightly packed brown sugar
- 1/4 cup corn syrup
- 1/4 cup unsalted butter
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon hot pepper sauce
- 1 1/2 cups pecan halves, roughly chopped
- 1/2 cup dried cranberries
- 1 3-inch round, Brie cheese

### METHOD:

1. Combine brown sugar, corn syrup and butter in a small, heavy-bottomed saucepan set over medium heat. Stir mixture until it comes to a boil. Boil without stirring for 1 minute.
2. Remove from heat and, shielding hands with oven mitts, quickly whisk in baking soda. Stir in salt, hot sauce, pecans and dried cranberries until mixture begins to set, about 30 seconds.
3. Working quickly, mound warm nut mixture on top of Brie and let caramel cascade down sides of cheese.



## H1N1 Flu Vaccine Study for Healthy Children and Adults

The H1N1 flu continues to spread worldwide. Experts believe the outbreak could be severe.

We are doing a study to see if a new vaccine could protect people against the H1N1 flu.

Are you 19 to 40 years old and have never had a flu shot?

OR

Do you have a child 6 months to 9 years of age?

If yes and you would like to hear more about this study, please contact: Darlene at 470-8931

If eligible to take part in this study, you will be compensated for your time commitment.



IWK Health Centre  
Clinical Trials Research Center



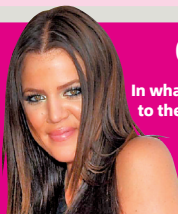
In a frenzy to score tickets to the Michael Jackson music documentary *This Is It*, fans began lining up three days earlier and snapped up all 3,000 tickets to the L.A. advanced screenings in just two hours on Sunday. **METRO NEWS SERVICES**

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

## Quick hitch

In what proved to be an elegant finale to their month-long courtship, Khloe Kardashian wed Los Angeles Laker Lamar Odom on Sunday evening at a private residence in Beverly Hills. **PEOPLE.COM**



# Arctic Monkeys mellow out

Scrappy British rockers took their time making third album

CAM LINDSAY  
for Metro Canada



Just three years ago Arctic Monkeys became an overnight rock 'n' roll phenomenon in the U.K. when the band released its debut album, *Whatever People Say I Am, That's What I'm Not*.

It set the record for the fastest-selling debut album, won the highly coveted Mercury Prize and a BRIT Award for Best Album. For a bunch of 20-year-olds the whirlwind experience must have put

them on the brink of losing it, but frontman Alex Turner talks like it was just part of their job.

"I don't think we were ever gonna crack," he says. "It seems different to me being involved in it. We all grew up on the same street practically, we've known each other for a number of years now and I guess that helps you bypass a lot of that bulls—."

Things have certainly calmed down over the last two years for Turner who says that "it's a really good feeling, these days." After rushing a second album,



The Arctic Monkeys got some help from Queens of the Stone Age's Josh Homme on *Humbug*.

the band was not only able to take its time with album number three, but do

it out in the Mojave Desert with Queens of the Stone Age's lynchpin Josh Homme.

The partnership had many imaginations running wild over what kind of heaviness Homme could bring to the band's third album *Humbug*, but Turner says it brought very different results.

"When we started off we were kind of wild and treacherous, but I think we really trimmed it back while we were with Josh,"

he says. "Before that the songs were full-on and fast. And then we kind of elected to change the plan a little bit and then slowed down and mellowed out compared to our first two records."

"We really wanted to shed our skins after the first album, and prove to ourselves that it wasn't just luck. We did rush that second album, but I think because of that we were able to breathe a little bit more before we made this

**"When we started off we were kind of wild and treacherous, but I think we really trimmed it back while we were with Josh (Homme)."**

Alex Turner

record. The whole process of *Humbug* was a lot more relaxed.

*Humbug* is looser, more impulsive and darker than its predecessors. While it might not be the album some people expect from the band at this stage, one thing's for sure: the band's dynamic two-guitar blast is better than ever.

According to Turner the desert sessions helped them confront a fear of theirs. "We learned a lot working with Josh and (engineer) Alain Johannes in the guitar department especially. Solos, I think we'd always been frightened of before this record, but they encouraged Jamie (Cook) and I to step it up."

IF YOU LIKE GETTING  
BAD NEWS FIRST,  
WE'VE GOT GOOD NEWS  
FOR YOU.

INSTANT NEWS UPDATES ON YOUR PHONE.  
FROM AROUND THE GLOBE TO AROUND THE CORNER, GET UP-TO-THE-MINUTE COVERAGE WITH METRO MOBILE.

m.metronews.ca

**FIREWORKS GALLERY**  
*Jewellery like nothing else on earth.*

**Sale!**

**35%**  
Gold Jewellery

**25%**  
Diamond Jewellery

**45%**  
Silver Jewellery

**Now til September 30**

1569 Barrington St, Halifax 420-1735

## Gaga asks fans not to judge West

**MUSIC** Kanye West can rest assured that new tourmate Lady Gaga has got his back.

Gaga said yesterday that it was unfair for fans to judge West for his confrontation with Taylor Swift at the MTV Video Music Awards. "And I think that it's time for everyone to kind of take their heads out of the newspapers and remember that, in truth, Kanye's making most of the music we hear on the radio today." **THE CANADIAN PRESS**

## Kenya's Style

**Kenya Hunt**



Exclusively at  
metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit:  
**metronews.ca/movies**





Grand Prix entertainment

An entertainment promoter says Beyoncé and Aerosmith will headline concerts at the first ever Formula One race in Abu Dhabi. Flash Entertainment said yesterday the performers will open and close the Abu Dhabi Grand Prix weekend next month. **THE ASSOCIATED PRESS**



entertainment 23

DVD picks

Monsters vs. Aliens

Director: Rob Letterman, Conrad Vernon

**SLIP ON YOUR 3-D SPECS** and dig the 1950s-ish angle of this animated comedy: Patriotic Yankee monsters who are summoned to save the planet from a four-eyed alien nerd.



These monster mash-ups are rad, dad, all blasts from classic films. The best of them are Ginormica (Reese Witherspoon), a giantess just one inch shorter than the title freak of Attack of the 50 Ft. Woman, and B.O.B. (Seth Rogen), a sapphire spodge getting jiggy with the icky entity from The Blob.

It's a bit of a stretch to say they're fighting "aliens." It's really just one megalomaniac midget who goes by the vainglorious handle Gallaxhar (Rainn Wilson).

Co-directors Rob Letterman (Shark Tale) and Conrad Vernon (Shrek 2) have packed everything but a tray of Rice Krispie squares into the tale (although there is a Jell-O mould), and it's clear the project was near and dear to their geeky hi hearts.

It's almost too much love. Combining outer-space Armageddon with female empowerment makes for an embarrassment of riches.

But the characters are fun, and now that we've met them, let's hope for a boffo sequel.

Extras include four pair of 3D glasses, a commentary track, deleted scenes, behind-the-scenes featurettes and a bonus cartoon about Rogen's B.O.B. character.

The Girlfriend Experience

Director: Steven Soderbergh

**MORE ABOUT THE IDEA** of sex than the act of it, Steven Soderbergh's exploration of lust for sale is low on carnality but big

on authenticity.

Real-life porn star Sasha Grey is Chelsea, a New York prostitute who commands top dollar for providing the illusion of emotional attachment along with sexual gratification.

There's no sex and very little nudity in the film, which will disappoint anyone who doesn't know the director's Spartan aesthetic, in which art always triumphs over orgasms.

Grey makes for a fascinating Soderbergh surrogate, balancing curiosity and drive with the desire for emotional detachment.

On the basis of her work here, she may have a career outside of adult films, which she says she wants.

Extras include a discussion of the film between Soderbergh and Grey plus a promotional featurette.

Away We Go

Director: Sam Mendes

**DRAMATICALLY INCLINED DIRECTOR** Sam Mendes veers wildly off track with this

attempt at a road comedy depicting narcissistic layabouts seeking advice for their impending parenthood.



Vacuous Verona (Maya Rudolph) and bumbling Burt (John Krasinski) at least have good hearts and genuine chemistry; most of the people they meet on their twee trek are hateful or pathetic stereotypes.

This a trip to dead-end Quirkville, where nobody is allowed to be a real human being because it would spoil the illusion of Verona and Burt being the last of the innocent lovers.

The film is penned by real-life couple Dave Eggers and Vendela Vida, successful authors who should stick to their day jobs.

Extras include a commentary with Mendes, Eggers and Vida, plus two featurettes. **PETER HOWELL/ FOR METRO CANADA**

Taxes, Twitter and trading places: Vanity Fair survey

**STATE OF THE NATION** Half the respondents of a new poll say taxing the richest Americans by at least 50 per cent is a great idea, while more than a third consider Twitter a fad that will likely fade.

Those are among the findings of a new 60 Minutes-Vanity Fair Poll. Nearly half of the respondents chose Wal-Mart as the institution that best symbolizes America today, leaving in the dust runners-up Google, Microsoft, the NFL and the banking and securities firm Goldman Sachs.

Dining out was chosen most often by respondents as a luxury they hate sacrificing in these tough economic times. And five per cent thought the best way to fight obesity among patrons of fast-food chains is to equip each restaurant with scales for them to weigh themselves.

A politician taking bribes is considered by far the greater sin (chosen by 37 per cent of the respondents) when stacked against extramarital affairs (just two per cent).

President Barack Obama has set a time table for a troop pullout in Iraq by 2011. But one-third of poll respondents predicted he won't be setting a time table for removing troops from Afghanistan. Meanwhile, 31 per cent said he would time it to the beginning of the next presidential campaign, and 25 per cent chose "in about a year."

Obama was edged out by George Clooney (24 per cent to 26 per cent) among respondents choosing "which man they would most like to trade places with for a week," followed by Tom Brady and Bruce Springsteen.

But among woman, First Lady Michelle Obama was the favourite, chosen by 26 per cent, with Secretary of State Hillary Clinton picked by 16 per cent, actress Angelina Jolie by 13 per cent and singer Beyoncé selected by 12 per cent. The poll is based on a random sample of 1,097 respondents across the U.S.. It was conducted by phone between Aug. 27 and 31 by CBS News.

**THE ASSOCIATED PRESS**

**101.3 THE BOUNCE**  
Interactive  
**NINE 9**

For September 28th

- Taylor Swift - You Belong With Me
- Fabulous Ft The Dream - Throw It In The Bag
- 3OH3 Ft Katy Perry - Starstruck
- LMFAO - I'm In Miami Trick
- Justin Bieber - One Time
- Boys Like Girls - Love Drunk
- Miley Cyrus - Party In The USA
- Faber Drive - G-get Up And Dance
- David Guetta Ft Akon - Sexy Chick

**WIN A BOUNCE ROADSHOW**  
WITH  
**MARIANAS TRENCH!**  
Vote for your school! 420-1013

**1013THEBOUNCE.com**

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/29/09	31	31	31	ABC News Center 5	ABC Wild News	Inside Edition	Chronicle	Shark Tank (N)	Dancing With the Stars	the forgotten		
	7	7	7	ASN The Road to Avonlea	Depress: TNG	TMZ (N)	Monk (N)	Being Erica (N) (DVS)	CBC News: The National	Wife Swap		
	11	11	11	CBC Wheel-ForTune	Jeopardy! (N)	Rick Mercer	22 Minutes	Providence (HDTV) (N) (SC)	Aveux Carl reit surface (SC)	The Hour		
	2	2	2	CBC-F Pyramide (SC)	La force	Virginie (SC)	La Factice	NCIS: Reunion (N)	La Promesse (HDTV) (N) (SC)	Le Téléjournal		
	32	32	32	CBS WBZ News (N)	Evening News	The Insider (N)	Entertainment	NCIS: Reunion (N)	NCIS: Los Angeles (N)	The Good Wife		
	69	69	69	CFMT TVA nouvelles	Le Cercle (SC)	Les Gags	Occupation	Caméra café	NCIS: Los Angeles (N)	TVA nouvelles		
	6	6	6	CHIF Entertainment	ET Canada	The Good Wife (N)	NCIS: Reunion (N)	Law & Order: SVU	NCIS: Los Angeles (N)	News Final (N)		
	9	9	9	CJCH talk	Hollywood	You Can Dance	Podium TV	Hel's Kitchen (N)	Dancing With the Stars	CTV News		
	10	10	10	ELTV (6) EastLink Magazine				The Biggest Loser (N)	Community Matters			
	36	36	36	FOX Seinfeld	The Simpsons	TwoHalf Men	TwoHalf Men	Hel's Kitchen (N)	You Think You Can Dance	Fox First		
prime time	12	12	12	NBC News (N)	NBC News	Hollywood	Extra (N)	The Biggest Loser (N)	Jay Leno Show			
	29	29	29	NW World News	Business	CBC News	Mansbridge	CBC News: Tonight (N)	CBC News: The National	fifth estate		
	4	4	4	PBS-B NewsHour With Jim Lehrer	Greater Boston	La Plaza-Maria		The National Parks: America's Best Idea (N) (DVS)	National Parks			
	35	35	35	PBS-D NewsHour With Jim Lehrer	Business Rpt.	Worldfocus		The National Parks: America's Best Idea (N) (DVS)	National Parks			
	68	68	68	TQS Guerre clans	Wipe Out	Biennue	Rire et délire	La Verité choc	Pratique privée (SC)	Wipe Out		
	23	23	23	BNN Business News	Headline	Market Call Tonight		After Hours	Squeeze Play	Business News		
	18	18	18	CHN Situation Room-Wolf Blitzer	Lou Dobbs Tonight			Campbell Brown (N)	Larry King Live (N)	Cooper 360		
	54	54	54	GOLF Golf Central	Top 10	Lessons	Inside PGA	The Approach	Top 10	Top 10	Big Break	
	52	52	52	RSE Connected W-Prime Time		MLB Baseball Toronto Blue Jays at Boston Red Sox		From Fenway Park in Boston.			Sportsman Con.	
	55	55	55	SCOR Morency	Cabby Unlimit	Score Today	FullTiltPoker.net Million	X-Fighters	Super Bikes!	Super Bikes!	Score Now	
news	45	45	45	SPD Unique Whips		Pimp My Ride	Pass Time	Monster Jam (HDTV)			Jacked!	
	53	53	53	TSN Off the Record	SportsCentre	That's Hockey!	NHL on TSN Fantasy Draft	Over the Bolts	2009 World Series of Poker	SportsCentre		
	43	43	43	FAM Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Wizards-Place	Life Derek	Ned's School	
	44	44	44	TOON Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	
	26	26	26	TREE Wonder Pets	3rd and Bird	Backyardigans	Night Grdn	Waybuloo	Little Bear	Maggie-Beast	Babar	
	27	27	27	YTV iCarly	iCarly	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
	16	16	16	A&E Criminal Minds	(HDTV)			The First 48 (HDTV)	Manhunters	Manhunters	Manhunters	
	70	70	70	APTN APTN National News (N)	Fish Out of	Mixed Blessing		Cashing In	Rabbit Fall	First Nation	Moose TV	Caution: Nuts
	50	50	50	BET 106 & Park: BET's Top 10 Live	Derek Luke			The Game	The Game	The Game	Frankie-Neffe	
	37	37	37	BRVO Wind at My Back		Kaeshammer	Bravo/Videos	Live at the Rehearsal Hall	Freddie Mercury		The Blues	
sports	25	25	25	CMT Star Crossed	Project Mom	Funnest Home Videos		Reba	According-Jim	According-Jim	Home Improve.	
	49	49	49	COM Just for Laughs		Air Force	22 Minutes	Corner Gas	The Simpsons	South Park	House Party	
	153	153	153	COURT Killer Next Door		World's Wildest Police Videos		Cops Uncut	Code Red: Moment of Survival	Police Videos		
	38	38	38	DISC Destroyed		Daily Planet (N)		How It's Made	Destroyed	Amer. Loggers		
	46	46	46	HGTV Extreme Makeover: Home		House Hunters	Property Virgin	Design Inc.	Pure Design	Genevieve	House Hunters	
	34	34	34	HIST Ultimate Engineering		Ancient Discoveries		Cities of the Underworld	Cities of the Underworld	Engineering		
	17	17	17	MM Starmaker		One Tree Hill		My Date With...	Starmaker	MuchNews		
	19	19	19	MMM mmtop10.ca		The Daily Fix		Ranked!	Wild 'n Out	Wild 'n Out	H.S. Reunion	
	201	201	201	M1 (6:30) Bedtime Stories		(8:15) Ace of Hearts (2008, Drama)	Dean Cain.		Speed Racer ** (2008, Action)			
	23	23	23	OLN Mantracker		Ghost Hunters	Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters	
family	51	51	51	PEACH The Office	Name Is Earl	Family Guy	Family Guy	House-Payne	Law & Order: SVU	The Fugitive		
	206	206	206	PIX (6) Bug	(7:45) The Mummy *** (1999, Adventure)	Brendan Fraser.			The Mummy Returns (2001, Adventure)			
	67	67	67	RDI RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)	Le Téléjournal (SC)	RDI économie		
	39	39	39	SHOW Trailer Park		The Outer Limits		Disaster Zone: Volcano in New York (2006, Action)	Bones			
	40	40	40	SLICE Skin Deep	Skin Deep	Rick Brice, Poor Bride		Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	
	47	47	47	SPACE Stargate SG-1		Stargate Atlantis (DVS)		Star Trek: Voyager	Medium (N)		Fringe	
	14	14	14	SPIKE Rocky IV ** (1985, Drama)	Sylvester Stallone. Burt Young.			UFC Unleashed	DEA "Operation Pill Grinder"	DEA (HDTV)		
	98	98	98	STAR talk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)	The View (HDTV) (N)	Dr. Oz Show		
	21	21	21	TLC Say Yes-Dress	Say Yes-Dress	Ultimate Cake Off		Cake Boss	18 Kids-Count	18 Kids-Count	Tiny-Kenadie	
	56	56	56	34 TROP Prod. Parker	Prod. Parker	70s Show	70s Show	The Outer Limits	ET Canada	Switch	Family Guy	
cable variety	20	20	20	TVS Que-champion	Journal de Fr2	Zoom animal		Pékin express			Aveniris	
	28	28	28	V Mysterious Ways		Murder, She Wrote		Bless-Father	Dinnerladies	Quantum Leap	Unscripted	
	97	97	97	VIVA Da Vinci's Inquest		Judging Amy		Missing	The Closer	Da Vinci Inquest		
	22	22	22	W House	Style by Jury	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury	Good Naked
	251	251	251	WGN Be-Millionaire	Evening News	TwoHalf Men	Family Guy	MLB Baseball Pittsburgh Pirates at Chicago Cubs. (HDTV) (Live)				

critics' corner

Rick Mercer Report

He's not when it not topical, and when it gets cold, the hot topic will be the Winter Olympics. So expect Rick to offer his take on the happenings in Vancouver and maybe try out an event or two, as he did last season with a visit to wheelchair curlers and the Para-Alpine Ski Team. Of course, the new season will also include such favorites from the past ones as his people-on-the-street opinion segments. 8 PM on CBC



Being Erica

Al Robert Fulghum needed to know he learned in kindergarten, but Erica (Erin Karpluk) needs to relearn a lesson from summer camp. When she and Ethan (Tyron Leitso) have an argument, she's sent back to a time when a broken romance left her teenage self a not-so-happy camper. Learning the truth about what went wrong then gives her what she needs to manage her grown-up lovers quarrel in the new episode "Battle Royale." 9 PM on CBC

Long John Baldry: In the Shadow of the Blues

Illustrating that good music has no boundaries or ethnic lines, British guitarist Long John Baldry took his love of the blues back across the pond. This documentary tells the tale of the founder of Steampacket, who took both Rod Stewart and Elton John under his wing. 11 PM on BRAVO





**Shue, Robach engaged**  
Original Melrose Place hunk Andrew Shue, left, and Today's Amy Robach are engaged, People reports. Both Shue, 46, and Robach, 36, are recently divorced, according to the magazine. **TVGUIDE.COM**

# Global wrangle over Polanski

## Director determined to defend himself: Lawyer

**Imprisoned director Roman Polanski is in a "fighting mood" and will battle U.S. attempts to have him extradited from Switzerland to California to face justice for having sex with a 13-year-old girl in 1977, his lawyer said yesterday.**

An international tug-of-war over the 76-year-old director escalated yesterday as France and Poland urged Switzerland to free him on bail and pressed U.S. officials all the way up to Secretary of State Hillary Clinton on the case.

Polanski was in his third day of detention after Swiss police arrested him Saturday on an international warrant as he arrived in Zurich to receive a lifetime achievement award from a film festival.



Roman Polanski

rested him Saturday on an international warrant as he arrived in Zurich to receive a lifetime achievement award from a film festival.

Authorities in Los Angeles consider Polanski a "con-



A man holds a "Free Polanski" sticker as he waits at the film festival in Zurich Sunday. Famed director Roman Polanski was apprehended by Swiss authorities Saturday on an international warrant.

victed felon and fugitive." The director had pleaded guilty to unlawful sexual intercourse in 1977 with a 13-year-old girl. He was sent to prison

for 42 days but then the judge tried to renege on the plea bargain. On the day of his sentencing in 1978, aware the judge would sentence him to more prison time, Polanski fled to France.

Polanski has told Swiss officials that he will contest a U.S. request that he be transferred to the United States, attorney Herve Temime said in an email. Temime said Polanski's legal team

would try to prove that the U.S. request was illegal and that the Oscar-winning director should be released from Swiss custody.

"Taking into account the extraordinary conditions of his arrest, his Swiss lawyer will seek his freedom without delay," Temime said.

The lawyer said he was

**"(Polanski was) thrown to the lions ... there is a scary America that has just shown its face."**

French Culture Minister Frederic Mitterrand

able to speak with Polanski from his Zurich cell.

"He was shocked, dumbfounded, but he is in a fighting mood and he is very determined to defend himself," Temime said.

While France expressed hope that Polanski would be freed shortly, Swiss officials said there would be no rash decision.

In Paris, French Foreign Minister Bernard Kouchner said he hoped Polanski could be quickly freed by the Swiss, calling the apprehension a "bit sinister." He and his Polish counterpart Radek Sikorski wrote to Clinton and called Swiss Foreign Minister Micheline Calmy-Rey about the case.

"(Polanski was) thrown to the lions," said French Culture Minister Frederic Mitterrand. "In the same way that there is a generous America that we like, there is also a scary America that has just shown its face."

THE ASSOCIATED PRESS



Only B.O.B.'s Big Break can be viewed in 3D



## Get Monsters vs. Aliens + B.O.B.'s Big Break Own it on DVD

Monsters vs. Aliens ©, B.O.B.'s Big Break TM & © 2009

## Polish filmmakers rally around Polanski

Oscar-winning director Andrzej Wajda and other Polish filmmakers appealed Monday to U.S. and Swiss authorities to free Roman Polanski, decrying his arrest as a "provocation."

Their appeal came as the Polish and French governments wrote to U.S. Secretary of State Hillary Clinton and called up Swiss Foreign Minister Micheline Calmy-Rey about the case.

The Polish Filmmakers Association called on Switzerland to immediately release Polanski and urged U.S. officials to review their indictment.

In a letter on their website, the Polish filmmakers noted Polanski's "great contribution to the world

of cinematography" and criticized his arrest as he arrived to receive a lifetime achievement award from the Zurich Film Festival as a "provocation."

They said Polanski's action decades ago deserves a "negative moral evaluation" but said he fled America fearing that he would not have a fair trial.

Polanski, the director of Chinatown, Rosemary's Baby and The Pianist, reached a plea deal in 1978, but was threatened with more prison time than previously agreed upon and fled to France before he was formally sentenced.

Jacek Bromski, the head of the Polish Filmmakers Association, said in the



Andrzej Wajda

eyes of the public, Polanski has already "atoned for the sins of his young years."

"He has paid for it by not being able to enter the U.S. and in his professional life he has paid for it by not being able to make films in Hollywood," Bromski said.

Polanski spent his child-

hood and early adult years in Poland and survived the Holocaust there thanks to strangers who hid him in the countryside. He made his feature debut with the 1963 psychological thriller Knife in the Water, considered today a Polish classic film, before leaving for the West.

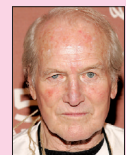
His international success has been a source of pride for many Poles. "He survived the Holocaust, was in hiding during World War II, he left Poland because he did not accept the communist system, he sought to turn his dreams into life," noted Agnieszka Odorowicz, the head of Poland's Film Institute.

THE ASSOCIATED PRESS

## Dad enjoyed being Nixon's enemy: Newman's daughter

**LEGEND** Paul Newman liked to joke about his trademark blue eyes, musing that if they turned brown his career might be in jeopardy, and was delighted to learn he was on Richard Nixon's enemies list, the Academy Award-winning actor's daughter said Monday.

Nell Newman, whose father died a year ago at age 83, gave a rare glimpse into the actor's life in an interview with The Associated Press. She was meeting with reporters in Connecticut as part of an effort by her company, Newman's Own Organics, to highlight its partnership with McDonald's Corp. The fast food chain sells



Newman

Newman's Own coffee at some of its restaurants in the Northeast.

She said her father considered himself

lucky and wanted to give back, leading to his passion for philanthropy.

"He always used to joke if his eyes turned brown, what would happen to his career," she said. "He always felt he was just really lucky."

Newman believed in supporting small organizations that did not have wealthy connections, his daughter said.

THE ASSOCIATED PRESS



**Kasabian gets a Gallagher**

Noel Gallagher is joining Kasabian. The rock legend — who quit Oasis last month after a furious row with brother, and the group's frontman, Liam — will appear with the band on its forthcoming U.K. tour. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

# 70 years on, back to Oz in Blu Ray

## Original Munchkins celebrate release

RICHARD CROUSE  
for Metro Canada



**"We always say the age range for The Wizard of Oz is from fetal to fatal," jokes Oz expert John Fricke. It's a funny line, but there is a ring of truth to it.**

The movie, whose birthday is being commemorated by the lovingly restored Wizard of Oz: 70th Anniversary Ultimate Collector's Edition Blu Ray, is beloved by old and young. For the surviving cast members the appeal is easy to define.

"Everybody can enjoy it," says Karl Slover, age 91, who was just two feet tall when he played



Singer Ashanti rides in a hot air balloon at the Wizard of Oz 70th Anniversary Emerald Gala at Tavern in New York.

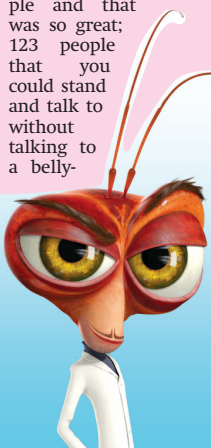
the first trumpeter. "There's no filthy language in it. I don't see no bikinis! No nudist colonies! Kids can watch it and parents don't have to worry because there's nothing bad in there."

Slover is one of just six actors left of the 124 "little people" assembled to play the

Munchkins in the film. He had some previous film experience but not all the actors were Hollywood regulars.

"I was in the movie because I was the right size and that's all they wanted," says Villager Munchkin Ruth Duccini, age 91, who adds that she can't sing or dance very well.

"I grew up in a small town in Minnesota and I didn't know there were other little people." But once she got on set she found she wasn't alone. "I remember all the little people and that was so great; 123 people that you could stand and talk to without talking to a belly-



Original Munchkins Jerry Maren, Margaret Pellegrini and Karl Slover attend the Wizard of Oz 70th Anniversary Emerald Gala in New York last week.

button."

Ruth adds that star Judy Garland was just as excited about having all little people in one place as she was and Munchkin Flowerpot Hat dancer Margaret

Pellegrini (age 86) says Garland treated all the Munchkins to candy and a keepsake at Christmas.

"On Christmas Eve morning when she came to work she

opened the door to her (dressing room) and there she had a whole stack of black and white pictures and she invited each and every one of us in and gave each a picture. Mine says 'To Margaret from your pal Judy.' I still have it."

Garland's daughter Lorna Luft says her mom loved working on The Wizard of Oz. "This movie was special for her. She told me the hardest thing about the film was being afraid of (Wicked Witch) Margaret Hamilton because she was very sweet. She also told me that unfortunately the dog had the worst breath."



## O.B.'s All-New 3D Adventure Tuesday, Sept. 29

© 2009 DreamWorks Animation LLC. All Rights Reserved.



**DREAMWORKS**  
ANIMATION SKG  
HOME ENTERTAINMENT

## Lucy, who inspired Beatles song, dies

Lucy Vodden, who provided the inspiration for the Beatles' classic song Lucy in the Sky with Diamonds, has died after a long battle with lupus. She was 46.

Her death was announced yesterday by St. Thomas' Hospital in London, where she had been treated for the chronic disease for more than five years, and by her husband, Ross Vodden.

Britain's Press Association said she died last Tuesday. Hospital officials said they could not confirm the day of her death.

Vodden's connection to the Beatles dates back to her early days, when she made friends with school-mate Julian Lennon, John

Lennon's son.

Julian Lennon, then four years old, came home from school with a drawing one day, showed it to his father, and said it was "Lucy in the sky with diamonds."

At the time, John Lennon was gathering material for his contributions to the 1967 album Sgt. Pepper's Lonely Hearts Club Band.

The elder Lennon seized on the image and developed it into what is widely regarded as a psychedelic masterpiece, replete with haunting images of "newspaper taxis" and a "girl with kaleidoscope eyes."

Rock music critics thought the song's title was a veiled reference to

**"I don't relate to the song, to that type of song."**

Lucy Vodden

LSD, but John Lennon always claimed the phrase came from his son, not from a desire to spell out the initials LSD in code.

Vodden lost touch with Julian Lennon after he left the school following his parents' divorce, but they were reunited in recent years when Julian Lennon, who lives in France, tried to help her cope with the disease.

He sent her flowers and vouchers for use at a gardening centre near her

home in Surrey in south-east England, and frequently sent her text messages in an effort to buttress her spirits.

"I wasn't sure at first how to approach her," Julian Lennon told the Associated Press in June. "I wanted at least to get a note to her. Then I heard she had a great love of gardening, and I thought I'd help with something she's passionate about, and I love gardening too. I wanted to do something to put a smile on her face."

In recent months, Voden was too ill to go out most of the time, except for hospital visits.

She enjoyed her link to the Beatles but was not particularly fond of Lucy in



John Lennon's son Julian's childhood friend Lucy Vodden inspired the Beatles song Lucy in the Sky with Diamonds, which was included in the album Sgt. Pepper's Lonely Hearts Club Band.

the Sky with Diamonds.

"I don't relate to the song, to that type of song," she told the Associated Press in June. "As a teenager, I made the mistake of telling a couple of friends at school that I was the

Lucy in the song and they said, 'No, it's not you, my parents said it's about drugs.' And I didn't know what LSD was at the time, so I just kept it quiet, to myself."

THE ASSOCIATED PRESS





Claire Danes and British actor Hugh Dancy got married in a low-key wedding in France. The pair tied the knot earlier this month at a small ceremony attended by family and close friends, an insider says. LIFEANDSTYLEMAG.COM

Danes secretly ties the knot

## Celebrity Buzz

### No baby talk for Jude

**HIS LIPS ARE SEALED** Jude Law made a stop at Live with Regis and Kelly recently to promote his Broadway run in Hamlet, but one hot topic of conversation quite conspicuously didn't come up. During the chat, no one mentioned the baby Law recently had with Samantha Burke.

"He has banned interviewers from asking about it," a source tells Page Six, but the actor's rep calls the claim "ridiculous."

METRO NEWS SERVICES



### Celebrity tweets

**Eddie Izzard** approves of your work, Mother Nature, **Katy Perry** spends the evening in, and **Paula Abdul** feels the burn.

• @eddieizzard Great sunset today. Well done September.

• @katyperry Had 2 give up my Brit Spears tix 4 tonight, heart breaking! Have to focus on something more important... secret (sittin' home watchin spun!)

• @PaulaAbdul I am so sore today! I know its weird but it makes me feel good to be sore after a hard work out. It means I did a good job. Results now plz!



## Swayze knew he was 'dead man'

**BOOK CONFESSIONS** "When my doctors at Cedars-Sinai in Los Angeles said the words 'pancreatic cancer,' a single thought popped into my head: I'm a dead man," says the late actor Patrick Swayze, who two weeks ago died of the disease at age 57.

His inner thoughts on his acting career, his illness and his legacy are being aired in his audiobook Time of My Life, which Simon & Schuster released yesterday.

In the tapes, which Swayze narrated himself (along with Lisa Niemi), the actor recalls how he sank into a miasma of

"anger, bitterness and despair" soon after finding out that he wasn't likely to live past a few months.

News of his cancer diagnosis was first announced in spring 2008. He wrote his memoirs in June 2009 at his home in New Mexico.

"Now, a lot of things go through your head when you get a death sentence handed to you, start-

ing with: 'Why me?'" he says. "It's hard not to sink into bitterness ... For me, that initial shock quickly turned into self-criticism and blame."

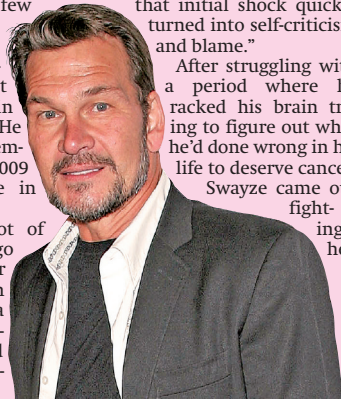
After struggling with a period where he racked his brain trying to figure out what he'd done wrong in his life to deserve cancer, Swayze came out

says.

"I was not ready to go, and I'd be damned if this disease was going to take me before I was good and ready," he says. "So I said to my doctor, 'Show me where the enemy is and I'll fight him.'"

The actor also looks back on his life, including one of the highlights of his career — the pottery-making moment with Demi Moore in 1990's Ghost. "We really made up the scene as we went along," he says. "It was pretty sexy playing in all that clay, so all we had to do was go with it ..."

METRO NEWS SERVICES



### Courtney hot for Venezuelan prez?

**THOSE LATIN MEN** It's being reported that Courtney Love was swept off her feet recently by Hugo Chavez after meeting the Venezuelan president at a screening of Oliver Stone's new documentary, South of the Border. "It was the third wink that sold me," Love tells Gatecrasher.

METRO NEWS SERVICES



## Kid blames mom for Hoff call

**PRANK** TMZ has obtained the 9-1-1 calls that resulted in David Hasselhoff being taken to the hospital last week — and in one them, the actor's daughter tells the dispatcher her mother got someone to call 9-1-1 just to start a bunch of drama. In the first call, one of Pamela Bach's friends calls 9-1-1 to report an incident at Hasselhoff's house. When the

dispatcher calls the house, his daughter Hayley answers the phone, TMZ reports.

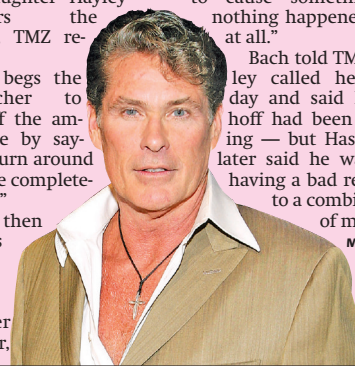
She begs the dispatcher to call off the ambulance by saying, "Turn around ... we're completely fine."

She then blames the whole thing on her mother,

saying, "My mom is trying to cause something ... nothing happened here at all."

Bach told TMZ Hayley called her that day and said Hasselhoff had been drinking — but Hasselhoff later said he was just having a bad reaction to a combination of meds.

METRO NEWS SERVICES



### Contractors claim Pammy defaults on mansion bills

**COURT** Pamela Anderson has released a statement to dispel rumours she is reportedly millions of dollars in debt and facing lawsuits over renovations of her Malibu home.

"No one has been paid for six months," Contact Music reports a worker hired to update the house as saying. "She doesn't have any sense of reality. There are poor workers who have families to feed and she isn't doing anything to pay them."

Anderson released the following statement: "It is true that I am in a dispute with some of the contractors working on my home. This is because after paying millions of dollars to build the house I continue to get bills from the contractors. My lawyers are reviewing the work done to see if the bills are fair. If they are, they'll be paid. If they aren't, they won't be."

METRO NEWS SERVICES



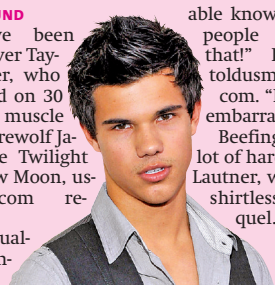
## Lautner dislikes body talk

**MUSCLEBOUND** Fans have been howling over Taylor Lautner, who has packed on 30 pounds of muscle to play werewolf Jacob in the Twilight sequel New Moon, us-magazine.com reports.

"It's actually quite uncomfortable knowing so many people are seeing that!" Lautner, 17, told usmagazine.com. "It's a little bit embarrassing!"

Beeving up took "a lot of hard work," said Lautner, who also goes shirtless in the sequel.

METRO NEWS SERVICES



## Roberts' hours irritate locals

**COMPLAINTS, COMPLAINTS** Julia Roberts' shooting schedule for Eat, Pray, Love isn't making her any friends among the faithful in India.

According to the Times of India, locals are furious that the production has taken over a temple and restricted access.

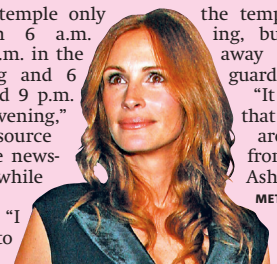
"They are allowing entry


in the temple only between 6 a.m. and 8 a.m. in the morning and 6 p.m. and 9 p.m. in the evening," one source tells the newspaper, while another adds, "I went to

the temple this morning, but was turned away by security guards."

"It is really bad that even devotees are being barred from entering the Ashram."


METRO NEWS SERVICES












**one for me**

You could win' \$100,000 for you.



**one for you\***

And \$100,000 for the charity of your choice.†

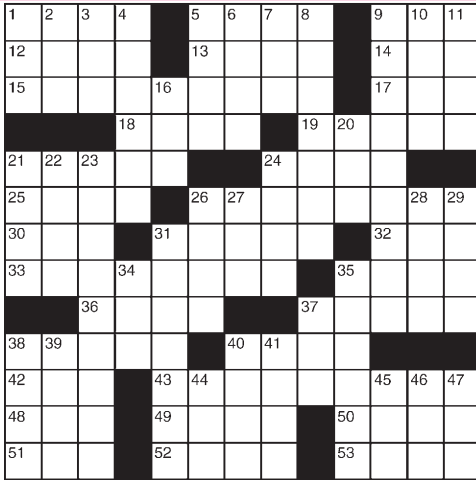








\*NO PURCHASE NECESSARY. Contest ends Nov. 8, 2009. For rules, details & entry, visit [www.oneforme.ca](http://www.oneforme.ca) or [www.oneforyou.ca](http://www.oneforyou.ca). Must be Canadian resident age of majority. 1 Grand Prize of \$100K + a matching cash donation to a charity of your choice. 203 Instant Win Prizes with ARVs from \$35 to \$1,000 + a matching cash donation to a charity of your choice. Odds of winning any prize depend on no. of eligible entries. Odds of winning an Instant Win Prize also depends on time & date of entry. Skill-testing question required. †Charity of choice is a list of registered charities pre-selected by contest sponsor in the following categories: Local/Community, Global, Environment & Health. See full contest rules for further details. \*Trademark of or used under license by Cadbury Adams Canada Inc.

Enter Cadbury UPCs online at [oneforme.ca](http://oneforme.ca) or [oneforyou.ca](http://oneforyou.ca)



For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)



ACROSS

- 1 Burden
- 5 Tulip, at first
- 9 Wildebeest
- 12 Crumbly cheese
- 13 Screenwriter James
- 14 Erstwhile acorn
- 15 Is unhappy
- 17 Prior night
- 18 Salver
- 19 Firetruck gear
- 21 Memory units
- 24 Bob's "Road" co-star
- 25 Stentorian
- 26 Book before Ecclesiastes
- 30 Blunder
- 31 Ralph of "The Waltons"
- 32 Mound stat
- 33 They drill and fill
- 35 Squad
- 36 Deadly septet
- 37 Treasury
- 38 Carried on
- 40 Ski lift type
- 42 "Ben—"

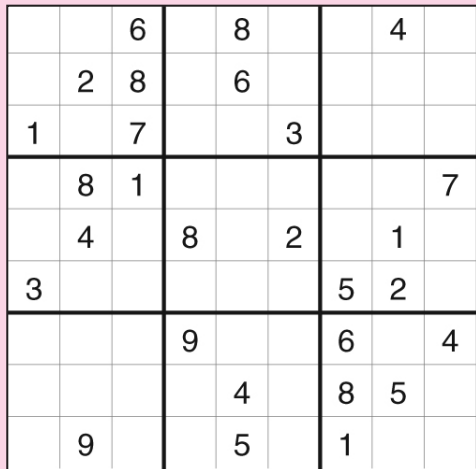
DOWN

- 1 Vacationing
- 2 Born
- 3 Salt Lake athlete
- 4 Tended an icy walkway
- 5 Ali —
- 6 Unsightly
- 7 Romanian money
- 8 Marge
- 9 Simpson's 'do
- 9 Becomes eco-friendly
- 10 Church area
- 11 Guitars' kin
- 16 Former jrs.
- 20 Indivisible
- 21 Evidenced a cut
- 22 Days gone by
- 23 Ages, maybe
- 24 Automaton, for short
- 26 Bridge option
- 27 Fabric-dye brand
- 28 Pitt or Paisley
- 29 — Club (discount store)
- 31 With 34-Down, broad neckwear
- 34 See 31-Down
- 35 Bombastic
- 37 Enthusiast
- 38 "Pow!"
- 39 Emanation
- 40 Ship-building wood
- 41 Ill will
- 44 Actress
- 45 Mendes
- 45 Shad product
- 46 Greek vowel
- 47 Pop

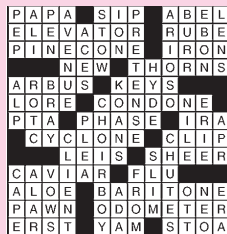
Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

For more games and 60 additional daily cartoon strips, visit [metronews.ca](http://metronews.ca)



Metro Recipe of the Day



Bruschetta Chicken

INGREDIENTS:

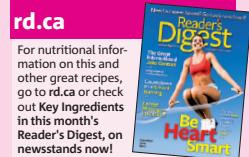
- 1/2 cup (125 ml) all-purpose flour
- 2 eggs, lightly beaten
- 4 boneless skinless chicken breast halves
- 1/4 cup (50 ml) grated Parmesan cheese
- 1/4 cup (50 ml) dry bread crumbs
- 1 tbsp (15 ml) butter, melted
- 2 large tomatoes, seeded and chopped
- 3 tbsp (45 ml) minced fresh basil
- 2 garlic cloves, minced
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) pepper

METHOD:

- 1. Place flour and eggs in separate shallow bowls. Dip chicken in flour, then in eggs. Place in greased

- 13-in. x 9-in. x 2-in. (33 cm x 23 cm x 5 cm) baking dish with foil. Bake at 375 F (190 C) for 20 minutes. Uncover; bake 5-10 minutes longer or until top is browned.
- 3. Meanwhile, in bowl, combine remaining ingredients. Spoon over chicken. Return to oven for 3-5 minutes or until tomato mixture is heated through.

**SERVES 4**



Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)

For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

**ARIES**  
MARCH 21-APRIL 20  
Any insights you may have into how to improve the physical side of your life should be noted down for future reference.

**TAURUS**  
APRIL 21-MAY 21  
Do something creative today, something that shows off your talent for making things happen.

**LIBRA**  
SEPT 23-OCT 23  
You've been living in the past in recent weeks but your forward-thinking attitude over the next few days will more than make up for it.

**SCORPIO**  
OCT 24-NOV 22  
The Sun's transit of the most sensitive area of your chart encourages you to believe that everyone is against you.

**GEMINI**  
MAY 22-JUNE 21  
Something you have not been able to get your head around these past few weeks will make perfect sense as from today.

**SAGITTARIUS**  
NOV 23-DEC 21  
Like everyone else, you were born with a talent of some kind and your task today, and for the rest of the week, is to take that talent and do something with it.

**CANCER**  
JUNE 22-JULY 22  
Even if you are the kind of Cancer who keeps your thoughts to yourself, you will have plenty to say for yourself over the next 24 hours.

**CAPRICORN**  
DEC 22-JAN 20  
Your mind is about to switch itself on again. Not that it's been switched off completely but it does seem to have been operating at reduced capacity.

**LEO**  
JULY 23-AUG 23  
News you have been waiting for these past few weeks will finally arrive today and put an end to your torment.

**AQUARIUS**  
JAN 21-FEB 18  
What takes place over the next few hours will present you with a solution to a problem you thought was insoluble.

**VIRGO**  
AUG 24-SEPT 22  
Mercury, your ruler, is turning direct in your birth sign after a lengthy period of retrograde motion your thoughts will be clear again.

**PISCES**  
FEB 19-MARCH 20  
According to the planets, you have been talking at cross purposes with a friend and that is why there has been a certain amount of tension in your life.

**FLIGHT CENTRE** *Unbeatable*

**SAMANA 4-STAR**

**\$670**

FROM

Grand Paradise

**INCLUDES** roundtrip airfare, transfers and 4 nights 4-star all-inclusive accom.

**1 866 967 5402 | flightcentre.ca**

Conditions apply. Ex: Halifax Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, HST and fuel supplements and are approximate and subject to change.

This day in history

SEPT. 29, 1941: World War II: Holocaust in Kiev, Ukraine: German Einsatzgruppe C starts Babi Yar massacre. According to one report, at least 33,771 Jews from Kiev and its suburbs are killed at Babi Yar on Sept. 29–30, 1941.

SEPT. 29, 1943: World War II: U.S. General Dwight D. Eisenhower and Italian Marshal Pietro Badoglio sign an armistice aboard the Royal Navy battleship HMS Nelson off Malta.

SEPT. 29, 1949: The Communist Party of China writes the Common Programme for the future People's Republic of China.

SEPT. 29, 2008: Following the bankruptcies of Lehman Brothers and Washington Mutual, The Dow Jones Industrial Average falls 777.68 points, the largest single-day point loss in its history.

**TAKE A BREAK FROM WORK**

Visit [metronews.ca](http://metronews.ca) to watch **metrotube** of the day





# AIR CANADA VACATIONS

# GREAT deals starting at \$589

**Varadero** via Toronto  
Sirenis La Salina  
Varadero • 4 ★  
All-Inclusive • Standard rm.  
Oct. 4 • 1 wk.

**\$589**

Taxes & other fees  
(including service charges): \$213

**Jamaica** via Toronto  
Gran Bahia Principe  
Jamaica • 4 1/2 ★  
All-Inclusive • Junior suite  
Oct. 14 - 28 • 1 wk.

  
**\$939**

Taxes & other fees  
(including service charges): \$278

**Punta Cana**  
Gran Bahia Principe  
Punta Cana • 5 ★  
All-Inclusive • Junior suite  
Feb. 20 & Mar. 6 • 1 wk.

**\$1559**

Taxes & other fees  
(including service charges): \$299

**Holguin** via Toronto  
Occidental Grand  
Playa Turquesa • 4 ★  
All-Inclusive • Superior rm.  
Oct. 10 - 24 • 1 wk.

**\$649**

Taxes & other fees  
(including service charges): \$213

**Costa Rica** via Toronto  
Occidental  
Grand Papagayo • 4 1/2 ★  
All-Inclusive • Deluxe rm.  
Nov. 7, 14 & 21 • 1 wk.

**\$1239**

Taxes & other fees  
(including service charges): \$214

**Cancun/Riviera Maya**  
via Toronto  
Gran Bahia  
Principe Tulum • 5 ★  
All-Inclusive • Standard rm.  
Dec. 31 • 1 wk.

**\$1629**

Taxes & other fees  
(including service charges): \$265

**Orlando, Florida**  
Disney's Pop  
Century Resort • 3 ★  
Special offer 2-Standard rm.  
Nov. 5 & 12 • 5 nts.

**\$899**

Taxes & other fees  
(including service charges): \$140

**Punta Cana**  
Occidental Grand  
Punta Cana • 4 ★  
All-Inclusive • Junior suite  
Mar. 6 • 1 wk.

**\$1239**

Taxes & other fees  
(including service charges): \$299

Gran Bahia  
Principe Coba • 5 ★  
All-Inclusive • Junior suite  
Dec. 31 • 1 wk.

**\$1679**

Taxes & other fees  
(including service charges): \$265

## DEAL to EUROPE

**London**  
Hotel Ibis London  
Earls Court • 3 ★  
Breakfast • Standard rm.  
Nov. 12, 19 & 26 • 4 nts.

**\$597**

Taxes & other fees  
(including service charges): \$410

## DEAL on CRUISES

**Royal Caribbean International<sup>1</sup>**  
EARN 2,500 BONUS AEROPLAN MILES PER MEMBER<sup>2</sup>  
**Adventure of the Seas<sup>®</sup>**  
Southern Caribbean Cruise  
Flights to San Juan via Montreal  
Interior stateroom, cat. N  
Dec. 20 • 1 wk.

**\$1839**

Taxes & other fees  
(including service charges): \$255

**BARBADOS** via Toronto  
EARN 5,000 BONUS AEROPLAN MILES PER MEMBER<sup>3</sup>

**Hilton Barbados • 4 1/2 ★**  
Oceanview rm.  
Nov. 11 - 25 • 1 wk.

**\$1099**

Taxes & other fees  
(including service charges): \$90  
Price based on Tues.-Thurs. departures

**Almond Casuarina  
Beach Resort • 4 ★**  
All-Inclusive • Standard rm.  
Nov. 10 - 25 • 1 wk.

**\$1799**

Taxes & other fees  
(including service charges): \$90  
Price based on Tues.-Thurs. departures



Fly in style - Upgrade to Executive Class<sup>®</sup> service<sup>4</sup>

  
**PRIVILEGES**  
FREE advance seat selection  
and exclusive features



Earn up to 5,600  
Aeroplan<sup>®</sup> Miles per member<sup>5</sup>



**aircanadavacations.com**  
Call 1 866 529-2079 or your travel agent

Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Sept. 29 & Oct. 3/09, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Halifax International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise packages include return flight and the cruise as described. Packages to Europe and the USA include return flight and hotel as described. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions; are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or [www.aircanadavacations.com](http://www.aircanadavacations.com). <sup>1</sup>Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on Roundtrip Economy class per passenger from Halifax to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit [www.aircanadavacations.com](http://www.aircanadavacations.com). For terms and conditions of the Aeroplan program, consult [www.aeroplan.com](http://www.aeroplan.com). <sup>2</sup>Royal Caribbean International Ltd. ships registry: The Bahamas. Earn 2,500 bonus Aeroplan Miles if booking is made by Oct. 3/09 for departure between Sept. 1 & Dec. 3/09. Earn 5,000 bonus Aeroplan Miles if booking is made by Oct. 15/09 for departures between Oct. 1 & Dec. 15/09. <sup>3</sup>Available on select flights. Full details available at [aircanadavacations.com/eeexecutiveclass](http://aircanadavacations.com/eeexecutiveclass). <sup>4</sup>Aeroplan is a registered trademark of Aeroplan Canada Inc. <sup>5</sup>Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit [www.aircanadavacations.com](http://www.aircanadavacations.com) for up-to-date information.